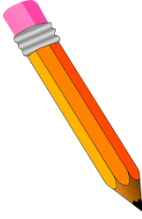




**SWALLOW SCHOOL**  
**September 2017 Lunch Menu**

				<p><b>1 Welcome Back!</b> 1. Hot Dog on a Bun</p> <p>2. Pulled Pork</p> <p>3. Yogurt Pak</p> <p>Baked Fries Fresh Fruit Ice-Cream</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>
<p>4</p> 	<p>5</p> <p>1. Grilled Cheese Sandwich</p> <p>2. Burger/Cheeseburger</p> <p>3. Chipotle Turkey Wrap</p> <p>Tomato Soup Tator Tots</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>6</p> <p>1. Italian Pasta Bake</p> <p>2. Chicken Patty on a Bun</p> <p>3. Ham &amp; Cheese Sub</p> <p>Garlic Toast Zucchini Cookie</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>7 <b>Pizza Thursday</b></p> <p>1. Cheese Pizza</p> <p>2. Burger/Cheeseburger</p> <p>3. Cheese &amp; Cracker Plate</p> <p>Noodles Green Beans</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>8</p> <p>1. Grilled Chicken Sandwich</p> <p>2. Pulled Pork</p> <p>3. Yogurt Pak</p> <p>Pinto Beans Ranch Potato Salad</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>
<p>11</p> <p>1. Chicken Nuggets</p> <p>2. Sausage 'n' Egg Biscuit</p> <p>3. Taco Salad</p> <p>Fries Cauliflower Salad</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>12</p> <p>1. Walking Taco</p> <p>2. Burger/Cheeseburger</p> <p>3. Chipotle Turkey Wrap</p> <p>Cilantro Lime Rice Baja Black Beans Pudding Cup</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>13 <b>Waffle Wednesday</b></p> <p>1. Waffle Sticks with Sausage</p> <p>2. Chicken Patty on a Bun</p> <p>3. Ham &amp; Cheese Sub</p> <p>Hashbrowns Cinnamon Apples</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>14 <b>Pizza Thursday</b></p> <p>1. Pepperoni or Cheese Pizza</p> <p>2. Burger/Cheeseburger</p> <p>3. Cheese &amp; Cracker Plate</p> <p>Breadstick Spinach Salad</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>15</p> <p>1. Mini Corn Dogs</p> <p>2. Pulled Pork</p> <p>3. Yogurt Pak</p> <p>Pretzels Creamy Coleslaw</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>
<p>18</p> <p>1. Cheesebread w/ Marinara</p> <p>2. Sausage 'n' Egg Biscuit</p> <p>3. Taco Salad</p> <p>Parmesan Pasta Vegetable Blend</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>19</p> <p>1. Roast Pork and Gravy</p> <p>2. Burger/Cheeseburger</p> <p>3. Chipotle Turkey Wrap</p> <p>Mashed Potatoes Beets</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>20</p> <p>1. Chicken Teriyaki</p> <p>2. Chicken Patty on a Bun</p> <p>3. Ham &amp; Cheese Sub</p> <p>Fluffy Rice Ginger Carrots Fortune Cookie</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>21 <b>Pizza Thursday</b></p> <p>1. Sausage or Cheese Pizza</p> <p>2. Burger or Cheeseburger</p> <p>3. Cheese &amp; Cracker Plate</p> <p>Garlic Toast</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>22</p> <p align="center"><i>Early Release</i></p>
<p>25</p> <p>1. Chicken Strips</p> <p>2. Sausage 'n' Egg Biscuit</p> <p>3. Taco Salad</p> <p>Potatoes Ole' Thai Green Beans</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>26</p> <p>1. Beefy Nachos</p> <p>2. Burger or Cheeseburger</p> <p>3. Chipotle Turkey Wrap</p> <p>Spanish rice Mexicali Corn</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>27</p> <p>1. Hot Diggity Dog</p> <p>2. Chicken Patty</p> <p>3. Ham &amp; Cheese Sub</p> <p>3 Bean Chili Corn Chips Birthday Cake</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>28 <b>Pizza Thursday</b></p> <p>1. Pizza Pizza</p> <p>2. Burger or Cheeseburger</p> <p>3. Cheese &amp; Cracker Plate</p> <p>Oodles of Noodles Cucumber Dill Salad</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>29</p> <p>1. BBQ Riblet</p> <p>2. Pulled Pork</p> <p>3. Yogurt Pak</p> <p>Mac n Cheese Broccoli Trees</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>