


# Welcome Back!

## Hoosac Valley Middle/High School Lunch Menu for September 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		<b>Aug. 28</b> Chicken Patty Sandwich Assorted Toppings French Fries, Carrots Baked Beans, Fruit	<b>Aug. 29</b> Mozzarella Sticks Marinara Sauce Green Beans Cauliflower, Fruit	<b>Aug. 30</b> Pepperoni Pizza Tuna Macaroni Salad Broccoli, Fruit	Avg Cal - 807
<b>Sept. 2 ~ NO SCHOOL</b>  HAPPY LABOR DAY	<b>Sept. 3</b> Ham & Cheese Croissant Tomato Soup Spinach, Green Beans Fruit	<b>Sept. 4</b> BBQ Rib Sandwich Coleslaw, Broccoli Baked Chips Fruit	<b>Sept. 5</b> Tacos Assorted Toppings Brown Rice Corn, Fruit	<b>Sept. 6</b> Hoosac Hamburger Assorted Toppings French Fries, Carrots Baked Beans, Fruit	Avg Cal - 748
<b>Sept. 9</b> Hot Dogs on a Bun Baked Beans Butternut Squash French Fries, Fruit	<b>Sept. 10</b> Spaghetti w/Meat Sauce Grated Cheese WW Dinner Roll, Carrots Green Beans, Fruit	<b>Sept. 11</b> Chicken Quesadilla Black Bean Salad Brown Rice, Corn Fruit	<b>Sept. 12</b> Hoosac Sub Assorted Toppings Baked Chips, Spinach Cauliflower, Fruit	<b>Sept. 13</b> Pizza Tossed Salad Broccoli Fruit	Avg Cal - 797
<b>Sept. 16</b> Chicken Tenders w/Dips Sweet Potato Fries Baked Beans Cauliflower, Fruit	<b>Sept. 17</b> Breaded Pork Patty Mashed Potatoes & Gravy WW Bread & Butter Carrots, Peas, Fruit	<b>Sept. 18</b> Meatball Grinder Grated Cheese Spinach Corn, Fruit	<b>Sept. 19</b> Turkey Deli Assorted Toppings Chicken Noodle Soup Green Beans, Fruit	<b>Sept. 20</b> Hamburger or Fish Sandwich, Broccoli French Fries Fruit	Avg Cal - 819
<b>Sept. 23</b> Mozzarella Sticks Marinara Sauce Green Beans Spinach, Fruit	<b>Sept. 24</b> BBQ Chicken Wrap Black Bean Salad Brown Rice, Coleslaw Fruit	<b>Sept. 25</b> EARLY DISMISSAL BREAKFAST WILL BE SERVED ~ NO LUNCH	<b>Sept. 26</b> Baked Potato Assorted Toppings Broccoli, Corn Fruit	<b>Sept. 27</b> Taco Pizza Tuna Macaroni Salad Carrots Fruit	Avg Cal - 727

\*\*Daily lunch alternative: Peanut Butter & Jelly or Soup/Salad Bar.

Milk is served with all meals.

\*\*Any food allergy should be reported to the school nurse.

Menu is subject to change without notice.

This institution is an equal opportunity provider.