

# Tappahannock Elementary Lunch Menu SEPTEMBER 2018

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
 3	4 Hot Dog on a Bun or Grilled Cheese w/Yogurt <b>Choose 2 Veggies &amp; 1 Fruit:</b> Baked Beans Pickle Variety of Fruit	<b>BREAKFAST FOR LUNCH</b> 5 Dutch Waffle w/Sausage or Yogurt & String Cheese Lunchable <b>Choose 2 Veggies &amp; 1 Fruit:</b> Tater Tots Candied Yams Juice	6 Pizza or Uncrustable <b>Choose 2 Veggies &amp; 1 Fruit:</b> Seasoned Green Beans Baby Carrots Variety of Fruit	7 Popcorn Chicken w/a Roll or Turkey Sub <b>Choose 2 Veggies &amp; 1 Fruit:</b> Steamed Broccoli French Fries Variety of Fruit
10 Cheesy Quesadillas or Uncrustable <b>Choose 2 Veggies &amp; 1 Fruit:</b> Baked Beans Sweet Potato Fries Fruit Slushies	11 Macaroni and Cheese or Chicken Nuggets <b>Choose 2 Veggies &amp; 1 Fruit:</b> Leafy Green Side Salad Sweet Peas Variety of Fruit	12 Oven Fried Chicken w/a Hot Roll or Yogurt & String Cheese Lunchable <b>Choose 2 Veggies &amp; 1 Fruit:</b> Mashed Potatoes w/Gravy Collard Greens Variety of Fruit	13 Cheesy Breadstick w/Marinara or Hot Turkey Ham & Cheese Flatbread <b>Choose 2 Veggies &amp; 1 Fruit:</b> Seasoned Green Beans Baby Carrots Variety of Fruit	14 Corndog Nuggets or Grilled Cheese w/Yogurt <b>Choose 2 Veggies &amp; 1 Fruit:</b> Fresh Veggie Cup w/Dip Smiley Fries Variety of Fruit
17 Crispy Chicken Sandwich or Bologna Sandwich <b>Choose 2 Veggies &amp; 1 Fruit:</b> Seasoned Corn Tater Tots Variety of Fruit	18 Hamburger on a Bun or Grilled Cheese w/Yogurt <b>Choose 2 Veggies &amp; 1 Fruit:</b> Baked Beans Pickle Variety of Fruit	<b>WAFFLE WEDNESDAY</b> 19 Chicken Tenders w/Waffle or Yogurt & String Cheese Lunchable <b>Choose 2 Veggies &amp; 1 Fruit:</b> Sweet Potato Waffle Fries Leafy Green Side Salad Baked Apple Slices	20 Pizza Hut or Uncrustable <b>Choose 2 Veggies &amp; 1 Fruit:</b> Seasoned Green Beans Baby Carrots Variety of Fruit	21 Popcorn Chicken w/a Roll or Turkey Sub <b>Choose 2 Veggies &amp; 1 Fruit:</b> Steamed Broccoli French Fries Variety of Fruit
24 BBQ on a Bun or Uncrustable <b>Choose 2 Veggies &amp; 1 Fruit:</b> Baked Beans, Cole Slaw Sweet Potato Fries Fruit Slushies	25 Beefy Nachos w/Cheese or Chicken Nuggets <b>Choose 2 Veggies &amp; 1 Fruit:</b> Shredded Lettuce & Tomato Seasoned Corn Variety of Fruit	26 Spaghetti w/Garlic Breadstick or Yogurt & String Cheese Lunchable <b>Choose 2 Veggies &amp; 1 Fruit:</b> Leafy Green Side Salad Steamed Broccoli Variety of Fruit	27 Pizza or Hot Turkey Ham & Cheese Flatbread <b>Choose 2 Veggies &amp; 1 Fruit:</b> Seasoned Green Beans Baby Carrots Variety of Fruit	28 Corndog Nuggets or Grilled Cheese w/Yogurt <b>Choose 2 Veggies &amp; 1 Fruit:</b> Fresh Veggie Cup w/Dip Smiley Fries Variety of Fruit

All lunches include 1/2 pint of FF Chocolate, FF Strawberry, or 1% White Milk  
 This institution is an equal opportunity provider.

\*Menu subject to change due to availability