

September 2018

JUST A DASH CATERING

LUNCH



School Information: ENJOY YOUR LABOR DAY
Menu Subject to Change Due to Product Availability.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.
THIS INSTUTION IS AN EQUAL OPPURTUNITY EMPLOYER



Monday

Tuesday

Wednesday

Thursday

Friday

3

Beef Spaghetti
Garden Salad
WG Garlic Bread
Choice of Milk

4

Orange Chicken
Rice
Celery & Carrot Sticks
Choice of Milk
Fresh Fruit

5

Pepperoni Pizza Slice
Flavored Hummus
Red Bell Peppers
WG Crust
Choice of Milk
Fresh Fruit

6

Cheesy Bosco Stick
Broccoli Bites/
Fresh Fruit
Choice of Milk

7

10

Cheese Burger
Onion Rings/Broccoli Bites
WG Bun
Choice of Milk
Fresh Fruit

11

Baked Ziti
California Blend
WG Garlic Bread
Fresh Fruit
Choice of Milk

12

Chicken Taco
Shredded Lettuce/SALSA
Fresh Fruit
Choice of Milk
Corn and Black Beans

13

Cheese Pizza Slice
Flavored Hummus
Red Bell Peppers
WG Crust
Choice of Milk
Fresh Fruit

14

BBQ Chicken Strips
Garden Salad
Choice of Milk
Fresh Fruit

17

Popcorn Chicken
Oven Fries/Broccoli
Choice of Milk
Fresh Fruit

18

Taco Pasta
Side Salad
WG Garlic Bread
Choice of Milk

19

Nacho Supreme (Beef)
Shredded Lettuce/SALSA
Fresh Fruit
Choice of Milk
Cauliflower/Celery Bites

20

Pepperoni Pizza Slice
Flavored Hummus
Red Bell Peppers
WG Crust
Choice of Milk
Fresh Fruit

21

Cheese Sticks
Soup
Choice of Milk
Fresh Fruit

24

Beef Hot Dog
Cucumber Bites/Tatar Tots
WG Bun
Choice of Milk
Fresh Fruit

25

Cheese Rotini Pasta
Tuscan Blend
Choice of Milk
Fresh Fruit

26

Beef Tacos
Shredded Lettuce/SALSA
Mexican Corn
Choice of Milk
Fresh Fruit

27

Cheese Pizza Slice
WG Crust
Garden Salad
Choice of Milk
Fresh Fruit

28

Chicken Sandwich
Fresh Fruit
Choice of Milk
Flavored Hummus
Red Bell Peppers

