

# SEPTEMBER 2022

## Caston School Corporation

### LUNCH



**School Information:** Grades 6-12 have at least 5 tray options, daily. Main, Alternate, Wrap 1, Wrap 2, and Salad Bar.



**September is Whole Grains Month!** Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



5

**Labor Day  
NO SCHOOL**

6

Cheeseburger on Bun, Green Lettuce Leaf, Tomato Slice, Oven Fries, Strawberries & Bananas, Canned Fruit (6-12), and Milk  
Alternate: Fruit Yogurt & Granola Parfait

7

Chili (Tortilla Chips 9-12) Red Bell Pepper Strips, Sliced Cucumbers, Fresh Peach, Cinnamon Roll, Fruit (6-12), and Milk  
Alternate: Popcorn Chicken

1

Chicken Quesadilla (Tortilla Chips 9-12), (Black Bean & Corn Salsa 9-12), Broccoli Florets, Fresh Baby Carrots, Cantaloupe, Canned Fruit (6-12), and Milk  
Alternate: Yogurt & Blueberry Oat Muffin Plate

8

Chicken Nuggets, Roll, Mashed Potatoes & Gravy, Tossed Salad, Sliced Pears, and Milk  
Alternate: Bosco Stick w/ Marinara

2

Comet Cavatini, Bread Stick, Seasoned Corn, Garden Salad, Orange Slices, Fresh Fruit, and Milk  
Alternate: Turkey and Cheese Sub

9

Baked Turkey, Biscuit w/Jelly, Sweet Potatoes, Green Beans, Grapes, Honey Apple Crisp (9-12), Canned Fruit, and Milk  
Alternate: Grilled Chicken Sandwich

12

Macaroni & Cheese with Meatballs, Roll, Baked Beans, Fresh Baby Carrots, Apple Salad, Fruit, and Milk  
Alternate: Pepperoni Pizza

13

Hot dog on Bun, Potato Wedges, Broccoli Cheese, Fresh Apples, Canned Fruit (6-12), and Milk  
Alternate: Peanut Butter & Jelly

14

Chicken Taco, Spanish Rice, Shredded Romaine, Diced Tomatoes, Steamed Vegetables, Tropical Fruit (Cookie 9-12), and Milk  
Alternate: Chicken Tenders

15

Spaghetti w/Meat Sauce, Garlic Bread, Garden Salad, Green Beans, Mandarin Oranges, Canned Fruit (6-12), and Milk  
Alternate: Hamburger on Bun

16

Taco Salad & Tortilla Chips, Red & Green Pepper Slices, Buttered Refried Beans, Shredded Romaine, Watermelon, (Cinnamon Puff 6-12), and Milk  
Alternate: Yogurt & Blueberry Oat Muffin Plate

19

Chicken & Noodles, Honey Roll (6-12), Mashed Potatoes, Fresh Baby Carrots, Grapes, Fresh Fruit (6-12), and Milk  
Alternate: Turkey & Cheese Sub

20

Mini Meatball Sub, Ranch Potato Wedges, Tossed Salad, Peaches, Canned Fruit (6-12), and Milk  
Alternate: Fruit, Yogurt, & n Granola Parfait

21

BBQ Chicken, Roll, Baked Beans, Creamy Coleslaw, Canned Fruit, Fresh Fruit (6-12), and Milk  
Alternate: Popcorn Chicken

22

Mini Corndogs, Cornbread Muffin, Cherry Tomatoes, Cucumber Slices, Banana, Canned Fruit (6-12), and Milk  
Alternate: Nachos & Cheese

23

Cheese Pizza, Broccoli Florets, Baby Carrots, Citrus Fruit Cup, Canned Fruit (6-12), and Milk  
Alternate: Grilled Chicken Sandwich

26

Biscuits & Gravy, Sausage Pattie (6-12), Fresh Sugar Snap Peas, Hash brown Patty, Plums, Canned Fruit (6-12), and Milk  
Alternate: Pepperoni Pizza

27

Pork Rib on a Bun, Green Lettuce Leaf, Tomato Slice, Sweet Potato Fries, Fresh Apple, Canned Fruit (6-12), and Milk  
Alternate: Peanut Butter & Jelly Snd

28

Chicken Nuggets, French Fries, Apple Slices, Goldfish Crackers, Canned Fruit (6-12), and Milk  
Alternate: Bosco w/ Cheese

29

Corn Dog, Green Beans, Tater Tots, Fruit Cocktail, Cookie, Fresh Fruit (6-12), and Milk  
Alternate: Cheeseburger

30

Chicken Quesadilla, Tortilla Chicpes (9-12), Black Bean Salsa (9-12), Street Corn, Cantaloupe Canned Fruit (6-12), Dessert, and Milk  
Alternate: Yogurt & Blueberry Oat Muffin Plate