



# Blair Community Schools Arbor Park Lunch Menu

September  
2020

Fresh Vegetables and Seasonal Fruit Provided Daily



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Popcorn Chicken Bread Stick  Ham Munchable  WOW Butter & Cheesestick  Golden French Fries Broccoli Florets Mixed Fruit	<b>2</b> Chicken and Cheese Quesadilla  Chef Salad  WOW Butter & Cheesestick  Baked Beans Red Peppers Red Apples	<b>3</b> Cheese Pizza  Turkey Deli Sandwich  WOW Butter & Cheesestick  Roasted Broccoli Cherry Tomato Applesauce	<b>4</b> Beef Hotdog on a Bun  Pizza Munchable  WOW Butter & Cheesestick  Tator Tots Baby Carrots Green Apples
<b>7</b> <b>Labor Day!</b>	<b>8</b> Cheeseburger on Bun  Turkey BLT Wrap  WOW Butter & Cheesestick  Seasoned Curly Fries Pork & Beans Mixed Fruit	<b>9</b> Macaroni & Cheese  Crispy Chicken Salad  WOW Butter Sandwich  Broccoli Florets Green Pepper Slices Fresh Pineapple	<b>10</b> Crispy Chicken Tenders Whole Grain Dinner Roll  Ham Deli Sandwich  WOW Butter & Cheesestick  Golden French Fries Corn Diced Pears	<b>11</b> French Bread Pizza  Fruited Spinach Salad  WOW Butter & Cheesestick  Baby Carrots Cucumber Slices Red Apples
<b>14</b> BBQ Pulled Pork Sandwich  Honey Mustard Ham Wrap  WOW Butter & Cheesestick  Roasted Broccoli Baby Carrots Orange Halves	<b>15</b> Crispy Chicken Sandwich  Pretzel Pack  WOW Butter & Cheesestick  Tator Tots Celery Sticks Applesauce	<b>16</b> Pasta with Meat Sauce Bread Stick  Turkey BLT Salad  WOW Butter & Cheesestick  Green Beans Broccoli Florets Banana	<b>17</b> Toasted Cheese Sandwich  Yogurt Pak with Bagel  WOW Butter & Cheesestick  Golden French Fries Red Peppers Mixed Fruit	<b>18</b> Chicken Fajitas  Turkey Munchable  WOW Butter & Cheesestick  Pork & Beans Salsa Fuji Apple
<b>21</b> Max Stix  Ham Deli Sub Sandwich  WOW Butter & Cheesestick  Garden Peas Baby Carrots Golden Delicious	<b>22</b> Chicken Bacon Ranch Melt  Beef Taco Salad  WOW Butter & Cheesestick  Seasoned Curly Fries Cherry Tomato Applesauce	<b>23</b> Corn Dog  Buffalo Chicken Wrap  WOW Butter & Cheesestick  Baked Beans Celery Sticks Cantaloupe	<b>24</b> Crispy Chicken Nuggets Whole Grain Dinner Roll  Chef Salad  WOW Butter & Cheesestick  Golden French Fries Broccoli Florets Diced Peaches	<b>25</b> Cheeseburger on Bun  Turkey Deli Sub Sandwich  WOW Butter & Cheesestick  Roasted Cauliflower Broccoli Florets Red Apples
<b>28</b> Pepperoni Pizza  Chicken Caesar Salad  WOW Butter & Cheesestick  Green Beans Baby Carrots Orange Halves	<b>29</b> Chicken Tacos  Crispy Chicken Wrap  WOW Butter & Cheesestick  Broccoli Florets Salsa Mixed Fruit	<b>30</b> BBQ Rib Sandwich  Pizza Munchable  WOW Butter & Cheesestick  Shoestring Fries Baked Beans Fresh Pineapple		
			<p>Choose <b>MyPlate.gov</b></p>	

<b>INFORMATION</b>	PK-12 Breakfast	\$2.10
	PK-5 Lunch	\$2.90
	6-12 Lunch	\$3.20
	Adult Lunch	\$3.85
	Milk	\$0.55
	<b>EXTRA INFO</b>	

Milk choice of low fat white, strawberry or chocolate.  
 Dinner rolls included with salads.  
 Special diet options available upon request.  
 For questions or comments contact the Food Service Director at 402-427-2960.



Your **MENUS** plus more information on our app  
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