

BECKMAN CATHOLIC		SEPTEMBER LUNCH MENU			At least 50% of grains served are 51% or more whole grain rich
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
NO SCHOOL 2	3	4	5	6	
<b>LABOR DAY!!!</b>	Hot Dog on a Bun	Sausage Pizza	Super Nachos/Taco Meat	Chicken Nuggets	
	Baked Chips	Breadstick	Tortilla Chips	Macaroni & Cheese	
	Mixed Vegetables	Cooked Carrots	Shr.Cheese/Shr.Romaine	Cooked Peas	
	Fresh Fruit/Diced Peaches	Fresh Fruit/Diced Pears	Salsa	Fresh Fruit/Mixed Fruit	
			Refried Beans	<b>Rice Krispie Treat</b>	
			Fresh Fruit/Diced Pineapple		
9	10	11	12	13	
Hamburger/Cheeseburger on a Bun	Orange Chicken	Corn Dog	Shr. BBQ Pork Sandwich	French Toast	
Shoestring Fries	Asian Seasoned Rice	Tator Tots	Baked Cheese Balls	Syrup (Optional)	
Cooked Corn	Stir Fry Vegetables	Cooked Broccoli	Bush's Baked Beans	Sausage Links	
Fresh Fruit/Diced Pears	Fresh Fruit/Mand. Oranges	Fresh Fruit/Mixed Fruit	Fresh Fruit/Diced Peaches	Tri Tators	
		<b>O'Henry Bar</b>		Fresh Fruit/Blueberries	
16	17	BCHS HC PICNIC LUNCH 18	19	20	
Walking Taco	Spaghetti with Meat Sauce	Brats on a Bun	Chicken Fajita/flour tortilla	Pizza Crunchers	
Shr.Cheese/Shr.Romaine	Garlic Toast	Sunchips	Fajita Veggies	Breadstick/Marinara	
Salsa/Sour Cream	Cooked Carrots	Sauerkraut	Tortilla Chips/Queso	Cooked Broccoli	
Refried Beans	Fresh Fruit/Mixed Fruit	Coleslaw	Cooked Corn	Fresh Fruit/Diced Peaches	
Fresh Fruit/Diced Pears	<b>Fruit Slushie</b>	Watermelon	Fresh Fruit/Mand. Oranges		
<b>Brownie</b>		<b>M&amp;M Cookie</b>			
23	24	25	26	27	
Diced Chicken over Noodles	Goulash	Chicken Patty	Weiner Wink	Sloppy Joe with Bun	
Breadstick	Breadstick	Colossal Crisp Fries	Smiley Fries	Baked Chips	
Mixed Vegetables	Cooked Green Beans	Bush's Baked Beans	Cooked Carrots	Cooked Broccoli	
Fresh Fruit/Mand. Oranges	Fresh Fruit/Mixed Fruit	Fresh Fruit/Diced Peaches	Fresh Fruit/Cinn.Applesauce	Fresh Fruit/Diced Pineapple	
		<b>Fruit Bomb Pop</b>		<b>Chocolate Pudding</b>	
30					
Breaded Pork Chop			<b>Each meal includes a choice of: Skim or 1% White Milk or 1% Chcoloate Milk</b>	Some of our variety of	
Mashed Potatoes				fresh fruit that we serve...	
Gravy (Optional)				strawberries, apples, grapes,	
Cooked Peas				watermelon, cantelope,	
Fresh Fruit/Diced Pineapple				bananas, clementines, kiwi,	
<b>Sugar Cookie</b>				blueberries, oranges, etc.	

**Peanut Butter or Deli (Ham or Turkey) Sandwiches are available as an alternate to the main entree every day!**

\*\*\*\*We will offer a HOT Pizza alternative entree item on Tuesdays and Thursdays - variety of pizza, french bread pizza, pizza crunchers\*\*\*\*

We will offer a Fresh Veggie Bar DAILY with Romaine Lettuce and a variety of other raw Veggies.

Some examples of Veggies on the salad bar will be: Carrots, Red Peppers, Cucumbers, Broccoli, Celery, Green Peppers, and Radishes.

**This institution is an equal opportunity provider**