SEPTEMBER 2023 Switzerland of Ohio Local School District

LUNCH

School Information: SOLSD
This menu is subject to change.
*This institution is an equal opportunity provider.

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
			Meatball Sub Bosco Sticks Broccoli, Carrots, Banana, Grapes Milk	1 Sausage Gravy Boneless Wings Tater Tots, Celery. Mandarins, Melon Milk
Labor Day 4 **No School**	5 Spaghetti Pizza Green Beans, Side Salad, Berries & Yogurt, Apple Slices, Milk	6 Cheeseburger Chicken Strips California Veggies, Pears, Cucumbers, Milk Peaches ***Baked Chips	7 Quesadilla Bosco Sticks Corn, Peppers, Banana, Grapes Milk	8 Pulled Pork Chicken Drumstick Baked Beans, Carrots, Mandarins, Melon Milk
11 BBQ Chicken Wrap Calzone Cauliflower, Cucumbers, Applesauce, Pineapple Milk	12 Mac & Cheese Pizza Green Beans, Side Salad, Berries & Yogurt, Apple ,Milk	13 Taco Pizza Hot Chicken Sandwich Corn, Black Beans, Peaches, Pears, ***Ice Cream, Milk	14 General Tso's Bosco Sticks Broccoli, Carrots, Grapes, Banana Milk	15 Pizza Crunchers Boneless Wings Celery, Smiley Fries, Mandarins, Melon Milk
18 Grilled Ham & Cheese French Bread Sweet Potato Fries, Celery, Pineapple, Applesauce**Lemonade	19 Chicken Alfredo Pizza Broccoli, Side Salad, Berries & Yogurt, Apple Slices , Milk	20 *COOKS CHOICE*	21 Popcorn Chicken Bowl Bosco Sticks Corn, Peppers, Banana, Grapes Milk	22 Mini Corndogs Chicken Nuggets Baked Beans, Carrots, Mandarins, Melon Milk
25 CBR Wrap Stuffed Crust Pizza Sweet Potato Fries, Cucumbers, Pineapple, Applesauce, ,Milk	26 Ravioli's Pizza Peas, Side Salad, Orange, Berries & Yogurt, Milk	27 Taco in a Bag Chicken Patty Black Beans, Corn, Peaches, Pears ***Icee, Milk	28 Meatball Sub Bosco Sticks Broccoli, Carrots, Banana, Grapes Milk	29 Sausage Gravy Boneless Wings Tater Tots, Celery. Mandarins, Melon Milk