

# SEPTEMBER 2021

## RiTech & Steam Menu

### LUNCH



**School Information:** All meals are served with Fruits, Vegetables and choice of white or chocolate Milk. All menus are subject to change at any time.



**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



Protein Pack-Chips & Cheese cubes  
Celery  
Cool Tropics

1

Ham & Cheese Sandwich/  
Garlic Pull Aparts  
Jicama with Tajin  
Apple

2

Chicken Sandwich/  
Veggie Burger  
Cool Tropics Veggie  
Apple Slices

3

Labor Day

6

No School

Quesadilla- Chicken or Cheese  
Carrots  
Orange Slices

International Literacy Day

8

Protein Pack-Cheese, Sunflower Seeds, Cracker with Celery  
Cool Tropics

Corn Dog/  
Mac & Cheese  
Street Corn  
Apple

9

Burger/  
Quesadilla  
Craisins  
Cool Tropics Veggie

10

French Bread Pizza/  
Sunbutter & Jelly  
Broccoli  
Apple Sauce

13

Corn Dog/  
Bean & Cheese Burrito  
Carrots  
Raisin

14

Protein Pack-Egg,  
Cheese, Cracker with  
Celery  
Cool Topics

15

Ham & Cheese  
Sandwich/  
Pull Apart  
Jicama with Tajin  
Apple

16

Chicken Sandwich/  
Veggie Patty  
Apple Slices  
Cool Tropics Veggie

17

Cheese Pizza/  
Sunbutter & Jelly  
Cucumber  
Grapes

20

Hot Dog/  
Veggie Patty  
Carrots  
Apple

21

First Day of Fall  
BYO Flatbread Pizza  
Pack  
Cheese & Marinara  
Cool Tropics

22

Corn Dog/  
Mac & Cheese  
Bell Pepper  
Orange

23

National Horchata Day  
Burger/ Quesadilla  
Craisins  
Cool Tropics Veggie

24

French Bread Pizza/  
Sunbutter & Jelly  
Broccoli  
Apple Sauce

27

Corn Dog/  
Bean & Cheese Burrito  
Carrots  
Orange Slices

28

World School Milk Day  
Protein Pack-Pretzel with Cheese  
Cucumber  
Cool Tropics

29

Ham & Cheese/  
Nachos  
Cucumber  
Pear

30