

SEPTEMBER 2021

NATIONAL TRAIL K-12

LUNCH



School Information: All students are eligible for 1 free breakfast & 1 free lunch during the 2021-2022 school year.
MENUS ARE SUBJECT TO CHANGE



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



Pizza **1**
Steamed Broccoli
Fruit/Milk
Ala Carte K-6: Hot dog
7-12: Grilled Chicken

Walking Taco **2**
Sweet Corn
Fruit/Milk
Ala Carte K-6: Chicken Chunks
7-12: Tenderloin

Hotdog **3**
Vegetable Choice
Fruit/Milk
Ala Carte K-6: Pizza
7-12: Chicken Sandwich

NO SCHOOL **6**
National Trail is an Equal Opportunity Employer

Chicken Chunks **7**
Green Beans
Fruit/Milk
Ala Carte K-6: Crispito
7-12: Crispito

Pizza **8**
Vegetable Choice
Fruit/Milk
Ala Carte K-12: Hot dog
7-12: Grilled Chicken

Nacho Supreme **9**
Sweet Corn
Fruit/Milk
Ala Carte K-6: Chicken Chunks
7-12: Tenderloin

COOK'S CHOICE **10**

Waffles/sausage **13**
Hash brown
Juice/Milk
Ala Carte K-6: Mini Corndogs
7-12: Rib BQ

Chicken Patty **14**
Baked Fries
Fruit/Milk
Ala Carte K-6: Crispito
7-12: Crispito

Pizza **15**
Steamed Broccoli
Fruit/ Milk
Ala Carte K-6: Hot dog
7-12: Grilled Chicken

Soft Taco **16**
Sweet Corn
Fruit/Milk
Ala Carte K-6: Chicken Chunks
7-12: Tenderloin

Toasted Cheese Sand. **17**
Tomato Soup
Fruit/Milk
Ala Carte K-6: Pizza
7-12: Chicken Sandwich

Biscuits & Gravy **20**
Hash brown/Sausage
Juice/Milk
Ala Carte K-6: Mini corndogs
7-12: Rib BQ

Chicken Tenders **21**
Green Beans
Fruit/Milk
Ala Carte K-6: Crispito
7-12: Crispito

Pizza **22**
California Blend
Fruit/Milk
Ala Carte K-6: Hot Dog
7-12: Grilled Chicken

Crispito **23**
Vegetable Choice
Fruit/Milk
Ala Carte K-6: Chicken Chunks
7-12: Tenderloin

NO SCHOOL **24**
#ItsBETTERtobeBLAZER

Pancakes/Sausage **27**
Hash brown
Juice/ Milk
Ala Carte K-6: Mini Corndogs
7-12: Rib BQ

Chicken Chunks **28**
Green Beans
Fruit/Milk
Ala Carte K-6: Crispito
7-12: Crispito

Pizza **29**
Steamed Broccoli
Fruit/Milk
Ala Carte K-6: Hot Dog
7-12: Grilled Chicken

Chili Cheese Fries **30**
Sweet Corn
Fruit/Milk
Ala Carte K-6: Chicken Chunks
7-12: Tenderloin