

SEPTEMBER 2021

Karnack Elementary

Thursday Monday **Tuesday** Wednesday Friday **Steak Fingers** BBQ Rib Patty/PB&J Sandwich Hot/Spicy Chicken Sandwich Wheat Rolls Oven Fries Ranch Beans Mashed Potatoes/ Gravy **BBQ Baked Beans Tater Tots** Carrots/Ranch **Green Beans** Garden Salad Mandarin Oranges Side Kick **Pineapple Tidbits** Variety of Milk Variety of Milk Variety of Milk Beefy Taco/Salsa Salisbury Steak Hamburgers/PB&J Sandwich 16 Chili Dogs Holiday! Lettuce & Tomato Cup Wheat Rolls Ranch Beans **Burger Salad Refried Beans Tater Tots** Oven Fries Mashed Potatoes/ Gravy Steamed Corn Green Beans Garden Salad Carrots/Ranch Side Kick **Diced Peaches** Mandarin Oranges Pineapple Tidbits Variety of Milk Variety of Milk Variety of Milk Variety of Milk Beefy Macaroni/Garlic Bread Chicken Fajitas/Salsa **Steak Fingers** BBQ Rib Patty/PB&J Sandwich Mandarin Orange/Rice Wheat Rolls Garden Salad Ranch Beans Oven Fries Broccoli/Cheese Refried Beans Mashed Potatoes/ Gravy Garden Salad **BBQ Baked Beans Glazed Carrots** Steamed Corn Green Beans **Pineapple Tidbits** Carrots/Ranch Applesauce Variety of Milk Diced Peaches Mandarin Oranges Side Kick Variety of Milk Variety of Milk Variety of Milk Variety of Milk Chicken Strips/Rolls Crispitos w/Chili & Cheese Chicken Spaghetti **Breaded Steak Sandwich** Turkey/Cheese/PB&J Sandwich/ Salsa/Garden Salad Garlic Bread Broccoli/Cheese Ranch Beans **Baked Chips Glazed Carrots** Refried Beans Green Beans **Burger Salad Tater Tots** Steamed Corn Mandarin Oranges Garden Salad **Applesauce** Carrots/Ranch Variety of Milk Diced Peaches Variety of Milk **Pineapple Tidbits** Side Kick Variety of Milk Variety of Milk Variety of Milk Baked Chicken/Corn Bread Pepperoni Pizza/Cheese Sticks Beefy Nachos/Salsa Chili Dogs Broccoli/Cheese Garden Salad Pinto Beans Ranch Beans **Glazed Carrots** Refried Beans Sweet Potatoes **Tater Tots Applesauce** Steamed Corn Turnip Greens Garden Salad Variety of Milk Diced Peaches Mandarin Oranges Pineapple Tidbits Variety of Milk Variety of Milk Variety of Milk