THUNDER RIDGE MIDDLE SCHOOL   LUNCH   MENU   SEPTEMBER   2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Corn Dog Garden Spinach Salad Seasoned Peas Fruit Choice Milk Choice	**2** Taco Soup Tortilla Chips Fresh Broccoli Cookie Fruit Choice Milk Choice
5 NO SCHOOL *Happy Labor Day!!*	**6** NO SCHOOL	**7** Chicken Tettrazzini Garden Spinach Salad Steamed Carrots Breadstick Fruit Choice Milk Choice	**8** Baked Chicken Savory Rice Fresh Broccoli Corn Wheat Roll & Jelly Fruit Choice Milk Choice	**9** Sloppy Joe on a Bun Sweet Potato Puffs Baked Beans Fruit Choice Milk Choice

12
Hotdog on a Bun
Potato Wedges
Broccoli with Cheese
Fruit Choice
Milk Choice
	13
	Chicken & Noodles
	Mashed Potatoes
	California Blend
	  Vegetables
	Wheat Roll & Jelly
	Fruit Choice
	Milk Choice
		14
		Spaghetti
		Garden Spinach
		  Salad
		Green Beans
		Garlic Bread
		Fruit Choice
		Milk Choice
			15
			Taco Salad
			Refried Beans
			Cinnamon Puff
			Fruit Choice
			Milk Choice
				16
				Chicken Wrap
				Romaine & Tomato
				Spanish Rice
				Steamed Carrots
				Fruit Choice
				Milk Choice

19
Hamburger on a Bun
Romaine & Tomato
Sweet Potato Fries
Rice Krispy Bar
Fruit Choice
Milk Choice
	20
	Chicken Nuggets
	Mashed Potatoes
	  & Gravy
	Fresh Broccoli
	Wheat Roll & Jelly
	Fruit Choice
	Milk Choice
		21
		Nacho Cheese Pie
		Celery, Cucumbers
		  & Radishes
		Cinnamon Roll
		Fruit Choice
		Milk Choice
			22
			Baked Ham
			Tri Tater
			Green Beans
			Fresh Baby Carrots
			Biscuit & Jelly
			Fruit Choice
			Milk Choice
				23
				Macaroni & Cheese
				Meat Balls
				Seasoned Peas
				Hot Bread
				Fruit Choice
				Milk Choice

26
Pizza
Garden Spinach
  Salad
Breadstick
Marinara Sauce
Fruit Choice
Milk Choice
	27
	Hot Ham & Cheese
	  Sandwich
	Potato Wedges
	Fresh Broccoli
	Fruit Choice
	Milk Choice
		28
		Chicken Pattie
		Mashed Potatoes
		  & Gravy
		Green Beans
		Wheat Roll & Jelly
		Fruit Choice
		Milk Choice
			29
			Italian Pasta Bake
			Green Peppers
			Fresh Baby Carrots
			Garlic Bread
			Cookie
			Fruit Choice
			Milk Choice
				30
				Taco on a Bun
				Romaine & Tomato
				Refried Beans
				Celery & Cucumbers
				Fruit Choice
				Milk Choice