

Menus

School: Cissna Park Elementary School

Academic Year: 2022-23

Meal: Lunch

Month: September 2022

September				
M	Tu	W	Th	F
29 Meatball Sub Marinara Sauce Carrots Apricots Sun Chips Variety of Milk	30 Beef Soft Shell Taco Cheese, Lettuce, Tomato, Sour Cream, Salsa Red Beans Mandarin Oranges Variety of Milk	31 Cheeseburger on Bun Lettuce, Tomato, Pickles, Mayo Waffle Fries Peas Strawberries Variety of Milk	1 Chicken Nuggets Macaroni & Cheese Broccoli Applesauce Variety of Milk Salads	2 3-Cheese Calzone Marinara Sauce Cucumber Slices Grape Tomatoes Ranch Dressing Craisins Snickerdoodle Variety of Milk
5	6 Chicken Taco in a Bag Cheese, Lettuce, Tomato, Sour Cream, Salsa Garbanzo Beans Watermelon Variety of Milk	7 Hot Dog on Bun Curly Fries Green Beans Grapes Variety of Milk	8 Scalloped Potatoes & Ham Garlic Toast Carrots Raisins Variety of Milk Salads	9 Breakfast Pizza Hashbrown Rounds Applesauce Smoothie Bowl Variety of Milk
12 Chicken Bacon Ranch Wrap Celery Craisins Veggie Crackers Variety of Milk	13 Cheese Quesadilla Sour Cream, Salsa Black Beans Mixed Berry Cup Variety of Milk	14 Teriyaki Chicken Fried Rice Oriental Vegetables Mandarin Oranges Variety of Milk	15 Grilled Cheese Sandwich Carrots Mixed Fruit Cheese stick Variety of Milk Salads	16 Pizza Bites Marinara Sauce Spinach Salad Grape Tomatoes Pears Chocolate Pudding Variety of Milk
19 BBQ Rib Sandwich Pickles Carrots Coleslaw Raisins Variety of Milk	20 Beef Nachos Cheese, Lettuce, Tomato, Sour Cream, Salsa Veg Beans Grapes Variety of Milk	21 Chicken Alfredo Garlic Knot Broccoli Pears Variety of Milk	22 Beef Stew Mashed Potatoes Applesauce Dinner Roll Variety of Milk Salads	23 Fish Sticks Macaroni & Cheese Mixed Vegetables Peaches Fruit Snacks Variety of Milk
26 Chicken Caesar Wrap Baby Carrots Craisins Doritos Variety of Milk	27 Nacho Bites Sour Cream, Salsa Red Beans Peaches Cheese stick Variety of Milk	28 Salisbury Steak Mashed Potatoes Gravy Corn Pears Dinner Roll Variety of Milk	29 Hamburger on Bun French Fries Broccoli/Cauliflower Applesauce Variety of Milk Salads	30 Mini Pepperoni Calzones Mixed Vegetables Plum Oatmeal Choc Chip Cookie Variety of Milk