



MENU

SEPT
EMBER

SPX Panther Café Fall Cycle Menu

NO SCHOOL	1 Meatball Sub on WG Bun Tater Tots Cucumber Salad Assorted Fresh Fruit Strawberry Fruit Cup	2 Chicken & Waffles – WG Syrup Cup Sweet Potato Fries Peas & Carrots 100% Fruit Juice Cup Assorted Fresh Fruit	3 Hotdog on WG Bun Baked Beans Baby Carrots w/dip Assorted Fresh Fruit Mixed Fruit Cup	4 Bosco Sticks – WG Marinara Sauce Roasted Broccoli Side Salad Assorted Fresh Fruit Applesauce
8 Choice of Cheese or Pepperoni Pizza –WG Crust Corn Side Salad Assorted Fresh Fruit Applesauce	9 Mini Pancakes – WG Syrup Cup Sausage Orange Glazed Carrots 100% Fruit Juice Cup Assorted Fresh Fruit	10 Oven Baked Chicken Wings (bone in) WG Biscuit Potato Wedges Green Beans Assorted Fresh Fruit Fruit Slushie Cup	11 Taco-in-a-Bag (WG Fritos, seasoned ground beef, shredded cheddar cheese, lettuce, salsa & sour cream) Black Beans Assorted Fresh Fruit Mixed Fruit Cup	12 Grilled Cheese on WG Bread Tomato Soup Broccoli Salad Assorted Fresh Fruit Diced Peaches
15 Choice of Cheese or Pepperoni Pizza – WG Crust Green Beans Side Salad Assorted Fresh Fruit Fruit Slushie Cup	16 Chicken & Cheese Quesadilla - WG Salsa & Sour Cream Taco Hummus w/fresh veggies Assorted Fresh Fruit Mixed Fruit Cup	EARLY DISMISSAL 17 Lucky Charms Cereal – WG Low-fat Yogurt Baby Carrots Assorted Fresh Fruit Diced Pears	18 Chicken Patty Sandwich on WG Bun (choice of plain or spicy) Oven Baked Fries Corn Assorted Fresh Fruit Strawberry Fruit Cup	19 Bosco Sticks – WG Marinara Sauce Roasted Broccoli Side Salad Assorted Fresh Fruit Diced Pineapple
22 Choice of Cheese or Pepperoni Pizza – WG Crust Green Beans Side Salad Assorted Fresh Fruit Applesauce	23 Chicken Nuggets Dinner Roll – WG Corn Side Salad Assorted Fresh Fruit Strawberry Fruit Cup	24 French Toast Sticks – WG Sausage Sweet Potato Fries Dragon Punch Assorted Fresh Fruit Mixed Fruit	25 Hamburger or Cheeseburger on WG Bun Baked Beans Baby Carrots Assorted Fresh Fruit Diced Pears	26 NO SCHOOL
29 Choice of Cheese or Pepperoni Pizza –WG Crust Green Beans Side Salad Assorted Fresh Fruit Fruit Slushie Cup	30 Meatball Sub on WG Bun Tater Tots Cucumber Salad Assorted Fresh Fruit Strawberry Fruit Cup			

Daily Alternate Lunch

Option:

PBJ Pack
 (UnCrustable on
 whole-wheat bread,
 WG Goldfish crackers
 & low-fat string
 cheese) served with
 fruit & vegetable of
 the day, and choice of
 milk.

All lunches include choice of 1% white milk or
 fat-free chocolate milk.

Student Lunch: \$3.75 Milk \$0.50

To add funds to your student's meal payment
 account visit lobby.edutrak.com.

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