

SEPTEMBER 2022

Flat River Academy

LUNCH



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Grilled Cheese **1**
French Fries
Mandarin Oranges
Choice Of Milk

NO SCHOOL **2**

LABOR DAY
NO SCHOOL **5**

BBQ Rib Sandwich **6**
Curly Fries
Pears
Choice Of Milk

Corn Dogs **7**
Baked Beans
Peaches
Choice Of Milk

Mac and Cheese **8**
Celery
Mandarin Oranges
Choice Of Milk

Pizza **9**
Broccoli
Pineapple
Choice Of Milk

Chicken Nuggets **12**
Mashed Potatoes/Corn
Mixed Fruit
Choice Of Milk

Walking Taco **13**
Taco Meat/Dorito Chips
Shredded Lettuce/Cheese
Pears
Choice Of Milk

Chicken Patty **14**
Baked Beans
Peaches
Choice Of Milk

French Toast Sticks **15**
Sausage Links
Carrots
Choice Of Milk

Pizza **16**
Broccoli
Pineapple
Choice Of Milk

Calzon **19**
Carrots
Mixed Fruit
Choice Of Milk

Hamburger **20**
French Fries
Pears
Choice Of Milk

Hot Dog **21**
Baked Beans
Pears
Choice Of Milk

Spaghetti/Meat Sauce **22**
Celery
Mandarin Oranges
Choice Of Milk

Pizza **23**
Broccoli
Pineapple
Choice Of Milk

Chicken Strips **26**
Carrots
Mixed Fruit
Choice Of Milk

Chicken Nachos **27**
Refried Beans/Cheese Sauce
Pears
Choice Of Milk

Pork Tenderloin **28**
French Fries
Peaches
Choice Of Milk

Breadsticks **29**
Carrots
Mandarin Oranges
Choice Of Milk

Pizza **30**
Broccoli
Pineapple
Choice Of Milk