




# SEPTEMBER 2018

## Ewing School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>  <b>LABOR DAY</b>	<b>4</b> Whole Grain Grilled Cheese Tomato Soup Steamed Broccoli Mixed Fruit Milk	<b>5</b> BBQ Chicken Breast Cheesy Brown Rice Green Beans Mandarin Oranges Milk	<b>6</b> Whole Grain Fish Sticks Baked Beans Mixed Veggies Medium Banana Milk	<b>7</b> Whole Grain Pepperoni and Cheese Calzone Garden Salad Apple Slices Milk
<b>10</b> Pretzel Dog Steamed Broccoli Cucumber Slices and Tomatoes Peaches Milk	<b>11</b> Popcorn Chicken Baked Beans Green Beans Frozen Fruit Smoothie Whole Grain Cookie Milk	<b>12</b> Cheeseburger on Whole Wheat Bun French Fries Corn Medium Banana Milk	<b>13</b> Ham and Cheese on Whole Wheat Bun California Casserole Apple Slices Milk	<b>14</b> Whole Grain Stuffed Crust Pizza Garden Salad Pearsauce Milk
<b>17</b> Lasagna Roll in Marinara Sauce Steamed Broccoli Applesauce Whole Grain Garlic Toast Milk	<b>18</b> Turkey and Cheese Roll Up Baked Beans Baby Carrots w/ Ranch Peaches Milk	<b>19</b> Chicken Nuggets Tater Tots Green Beans Raisins Whole Grain Cookie Milk	<b>20</b> Meatloaf Patty Mashed Potatoes Peas Medium Banana Whole Grain Roll Milk	<b>21</b> Cheese Pizza Garden Salad Corn Apple Slices Milk
<b>24</b> Taco in a bag (Taco Meat, W. G. Tortilla Chips, Black Beans, Cheese, Lettuce, and Salsa) Peaches Milk	<b>25</b> Whole Grain Macaroni and Cheese Baked Beans Green Beans Frozen Fruit Smoothie Milk	<b>26</b> Whole Grain Peanut Butter and Jelly Tater Tots Cucumber Slices and Tomatoes Raisins Milk	<b>27</b> Chicken Patty on Whole Wheat Bun Carrots Steamed Broccoli Medium Banana Milk	<b>28</b> Whole Grain Mozzarella Sticks Marinara Sauce Mixed Veggies Pineapple Tidbits Milk



Ewing School is continuing to participate in a Free Breakfast and Lunch Program for the current school year 2018/2019. This alternative is referred to as the Community Eligibility Provision. All students enrolled at Ewing School may participate in the School Breakfast Program and the National School Lunch Program at no charge. Household applications are not required to receive free meals.

