

SEPTEMBER 2023

CLARK SCHOOL DISTRICT

LUNCH



All meals are served with a fresh fruit and vegetable bar and milk.
All menus are subject to change.



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



NO SCHOOL

NO SCHOOL

1

Labor Day

4

Chicken Fajita over Rice
Steamed Vegetables
Cheese Sauce

5

Beef Tips over Mashed
Potatoes
Bread and Butter
Steamed Vegetables

6

Chicken Alfredo
Steamed Vegetables
Breadstick

7

**International Literacy
Day**
BBQ's/WG Bun
Wedges
Baked Beans

8

Grilled Cheese Sandwich
Tomato Soup
Steamed Vegetables

11

Lasagna
Steamed Vegetables
Breadstick

12

Pulled Pork/WG Bun
Cole Slaw
Baked Beans

13

Orange Chicken
Rice
Steamed Vegetables
Bread and Butter

14

NO SCHOOL

15

Turkey Ala King
Biscuits
Steamed Vegetables

18

Tater Tot Hotdish
Steamed Vegetables
Bread and Butter

19

Chili
Cinnamon Roll
Steamed Vegetables

20

Hamburger/WG Bun
Hashbrowns
Baked Beans

21

Super Nachos
Salsa
Refried Beans

22

Chicken Nuggets
Potatoes/Gravy
Steamed Vegetables

25

Crispitos
Refried Beans/Salsa
Steamed Vegetables

26

World School Milk Day
Chicken Patty/WG Bun
Tater Tots

27

Cheese Pizza
Steamed Vegetables

28

Ham Patty/WG Bun
Baked Beans
Nachos

29