

Menu Name: September 2023 Spectrum Schools Grades 6-12 Lunch Menu	Options Provided: Hot & Cold Meals
Grade Levels: 6-12 Grades	Meal Pattern: NSLP Meal: Lunch

Hot Meal	Chef Spotlight				Friday, September 1, 2023
	<i>JOSEPH SWINNEY - SUMMER CAMP OPERATIONS MANAGER</i>				Garlic Dusted French Bread Pizza
Chicken Salad Sandwich				Italian Dip	
<i>One of my Family favorites for springtime would be my Chicken Salad recipe and its perfect for BBQ's and picnics. I have even brought some on the boat when fishing and recently I was able to make it into a vegetarian recipe by substituting lightly smashed Chickpea instead of the Chicken chunks. - Joseph</i>				Garden Greens Salad & Dressing	
				Crisp Varietal Apple	
<i>Choice Milk</i>				Choice Milk	
				Grilled Chicken & Cheese Bun	
Cold					

Hot Meal	Monday, September 4, 2023	Tuesday, September 5, 2023	Wednesday, September 6, 2023	Thursday, September 7, 2023	Friday, September 8, 2023
	Chicken Corn Dog	"New" Korean BBQ Meatballs	"New" CKC Gyro	Golden Chicken Patty Sandwich	Brunch Lunch
	Ketchup	Seasoned Rice	Greek Pita, Grilled Chix & Yogurt Sauce	Bakery Bun & Ketchup	French Toast Sticks w/ Syrup
	CKC Baked Beans	Celery Sticks & Carrot Slims	Diced Tomatoes & Sliced Cucumbers	Steamed Corn	Mixed Greens Salad & Dressing
	Cinnamon Apple Slices	Chilled Pears	Banana	Grapes Bunch	Crisp Varietal Apple
Vanilla Wafers & Choice Milk	Choice Milk	Choice Milk	Choice Milk	Choice Milk	
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

Hot Meal	Monday, September 11, 2023	Tuesday, September 12, 2023	Wednesday, September 13, 2023	Thursday, September 14, 2023	Friday, September 15, 2023
	Crunchy Chicken Tender Taco	Sweet & Sour Chicken	Walking Nachos	"New" Chicken Tikka Drumstick	SouthWest Chx Empanada Hot Pocket
	Wg Tortilla, Chicken Tenders	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	WG Bakery Roll	Broccoli Florets & Dressing
	Shred Lettuce, Shred Chz & Boom Sauce	Baby Carrots & Dip	w/ Shred Chz	Sliced Cucumbers & Homemade Dip	Crisp Varietal Apple
	Seasoned Corn	Chilled Pears	Cheesy Refried Beans	Grapes Bunch	Choice Milk
Cinnamon Apples & Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk		
***Cold	Wowbutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

Hot Meal	Monday, September 18, 2023	Tuesday, September 19, 2023	Wednesday, September 20, 2023	Thursday, September 21, 2023	Friday, September 22, 2023
	Premium Chicken Nuggets	Swedish Meatballs (Homemade Gravy)	"New" Butter Chicken	Enchilada Nachos	"New" Cheesy Pasta Bake
	Ketchup	Wg Dinner Roll	Steamed Seasoned Rice	Top your Fritos Corn chips with delicious Chicken Enchilada	Grahams
	WG Dinner Roll	Steamed Carrots w/ Parsley	Celery Sticks	Shred cheese & boom sauce	Garden Greens Salad & Dressing
	CKC Baked Beans & Carrot Slims	Chilled Pears	Banana	Steamed Street Corn	Crisp Varietal Apple
Cinnamon Apples & Choice Milk	Wafers & Choice Milk	Choice Milk	Grapes Bunch & Choice Milk	Choice Milk	
***Cold	Wowbutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

Hot Meal	Monday, September 25, 2023	Tuesday, September 26, 2023	Wednesday, September 27, 2023	Thursday, September 28, 2023	Friday, September 29, 2023
	"New" Mac & Cheetos	"New" Bengali Chicken & Potato Kathi Roll	All Beef Hot Dog	Sesame Chicken	Twisted Cheesy Breadsticks
	Cheetos in the Mac or on the Side?? You decide :)	WG Wrap, Chix & Potato Filling	WG Bun, Ketchup	Steamed Seasoned Brown Rice	Cold Italian Dip
	Celery Sticks	Bengali Sauce (Yogurty Chutney)	CKC Baked Beans & Cucumber Slices	Chilled Sweet Pea Salad	Mixed Greens Salad & Dressing
	Cinnamon Apples & Choice Milk	Baby Carrots	Strawberry Bites	Carrot Slims	Crisp Varietal Apple
	Chilled Pears & Choice Milk	Banana & Choice Milk	Grapes Bunch & Choice Milk	Choice Milk	
***Cold	Wowbutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

*** Cold meals are served with vegetables, fruit of the day & milk.

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minds and cultures!**



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