

SEPTEMBER 2022

West Side Christian School

LUNCH



Lunch Prices:

K4 - 4th \$3.50
5th - 12th \$4.00



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



Labor Day
School Closed

5

Steak Fingers
Mashed Potatoes
White Gravy
Sweet Peas
Mandarin Oranges

6

Pepperoni Pizza
Corn
Salad
Chocolate Pudding

7

Corn Dog
Cheetos
Dill Pickle Spear
Chocolate Moon Pie

1

Chicken Noodle Soup
Salad
Crackers
Sandwich Cookies

2

Bean and Beef Burrito
Cheese Nacho's
Refried Beans
Chocolate Chip Cookie

12

Fish Sticks
Fries
Dill Pickle Spear
Applesauce

13

Pepperoni Pizza Sticks
Corn
Salad
Chocolate Pudding

14

Spaghetti w/meat sauce
Green Beans
Roll
Jello

8

Turkey and Cheese Sub
Sandwich
Potato Chips
Dill Pickle Spear
Sandwich Cookies

9

Mini Beef Taco's
Refried Beans
Spanish Rice
Chocolate Chip Cookie

19

Chicken Strips
Mashed Potatoes
Gravy
Green Beans
Applesauce

20

Pepperoni Pizza
Corn
Salad
Vanilla Pudding

21

First Day of Fall
Pancakes
Go-Gurt
Sausage Links
Pineapple Tidbits

22

Hot Dog
Chili/Cheese
Smiley Fries
Pinto Beans
Scooby Snacks (Graham Crackers)

23

Chicken Fried Chicken
White Gravy
Mashed Potatoes
Green Beans
Chocolate Chip Cookie

26

Loaded Baked Potato
Baby Carrots
Crackers
Pineapple Tidbits

27

World School Milk Day
Pepperoni Pizza Sticks
Corn
Salad
Vanilla Pudding

28

Popcorn Chicken
Fries
Green Beans
Jello

29

Chicken Spaghetti
Sweet Peas
Roll
Sandwich Cookies

30