

SEPTEMBER 2023

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

4

Chicken Fried Chicken
Mashed Potatoes
White Gravy
Sweet Peas
Applesauce

5

Cheese Pizza
Corn
Salad
Pudding

6

Chili Dog
Smiley Fries
Pinto Beans
Jello

7

Chicken Spaghetti
Green Beans
Roll
Sandwich Cookies

1

Chicken Nuggets
Mashed Potatoes
White Gravy
Sweet Peas
Fruit Cocktail

11

Ham and Cheese Sub
Sandwich
Potato Chips
Dill Pickle Spear
Chocolate Chip Cookie

12

Pepperoni Pizza Sticks
Corn
Salad
Pudding

13

Spaghetti w/meat
sauce
Green Beans
Garlic Breadstick
Jello

14

Taco Salad
Corn
Spanish Rice
Sandwich Cookies

15

Popcorn Chicken
Mashed Potatoes
White Gravy
Green Beans
Fruit Cocktail

18

Cheeseburger
Potato Chips
Baked Beans
Chocolate Chip Cookie

19

Pepperoni Pizza
Corn
Salad
Pudding

20

French Toast Sticks
Sausage Links
Go-Gurt
Applesauce

21

Bean & Beef Burrito
Chili / Cheese (Optional)
Refried Beans
Cheese Nachos
Sandwich Cookies

22

Chicken Fries
Mashed Potatoes
White Gravy
Green Beans
Applesauce

25

Sloppy Joe
Fries
Sweet Peas
Moon Pie

26

Pepperoni Pizza Sticks
Corn
Salad
Pudding

27

Corn Dog
Cheetos
Dill Pickle Spear
Jello

28

Beef Nachos
Pinto Beans
Spanish Rice
Sandwich Cookies

29