

# Melba School District

Melba Lunch 9-12 grades

Sep 2022

MID/HIGH

2022

Monday	Tuesday	Wednesday	Thursday	Friday
			Sep - 1 SALAD BAR or TURKEY, HAM, BEEF COMBINATION SUB. CARROT STICKS POTATO CHIPS FRUIT MILK	Sep - 2
Sep - 5	Sep - 6 PIZZA BAKED BEANS SALAD, GREEN FRUIT MILK	Sep - 7 FINGER STKS MASHED POTATOES GREEN BEANS CHICKEN GRAVY FRUIT FRESHLY BAKED BR MILK	Sep - 8 SALAD BAR or SLOPPY JOES FRENCH FRIES CARROT STICKS FRUIT MILK JUICE	Sep - 9
Sep - 12 NACHOS or Mini Corn Dogs MACARONI & CHEES CARROT STICKS FRUIT MILK	Sep - 13 PIZZA BAKED BEANS SALAD, GREEN FRUIT MILK	Sep - 14 CHICKEN NUGGETS MASHED POTATOES CHICKEN GRAVY GREEN BEANS FRUIT FRESHLY BAKED BR MILK	Sep - 15 SALAD BAR or TURKEY, HAM, BEEF COMBINATION SUB. CARROT STICKS POTATO CHIPS FRUIT MILK	Sep - 16
Sep - 19 NACHOS or CHEESEBURGER SALAD, GREEN TATER TOTS FRUIT MILK	Sep - 20 PIZZA BAKED BEANS SALAD, GREEN FRUIT MILK	Sep - 21 BONELESS WINGS MASHED POTATOES FRUIT CHICKEN GRAVY GREEN BEANS FRESHLY BAKED BR MILK	Sep - 22 SALAD BAR or SPAGHETTI AND ME SALAD, GREEN FRUIT FRESHLY BAKED BR MILK	Sep - 23
Sep - 26 NACHOS or TAQUITOS FRENCH FRIES CHEESE STICKS FRUIT MILK	Sep - 27 PIZZA BAKED BEANS SALAD, GREEN FRUIT MILK	Sep - 28 CHICKEN SANDWICH POTATO CHIPS BROCCOLI, raw FRUIT MILK JUICE	Sep - 29 SALAD BAR or TURKEY, HAM, BEEF COMBINATION SUB. CARROT STICKS POTATO CHIPS FRUIT MILK	Sep - 30

This institution is an equal opportunity provider

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

\* - denotes combined nutrient totals with either missing or incomplete nutrient data.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.