

# Darrell Lynn Hines Academy

## September Lunch Menu

All meals are prepared by: *Milwaukee Center for Independence (MCFI)*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>NO SCHOOL – LABOR DAY</b>  <b>MCFI CLOSED</b>	<b>4</b> Orange Chicken Whole Grain Brown Rice Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk	<b>5</b> Beef Nachos with Cheese, Shredded Lettuce and Tortilla Chips Taco Sauce Fiesta Beans Seasonal Lunch Fruit Choice of Milk	<b>6</b> Cheese Calzone with Marinara Dipping Sauce Assorted Graham Cracker Romaine Salad with Ranch Dressing Seasonal Lunch Fruit Choice of Milk	<b>7</b> Shredded BBQ Turkey Sandwich On a Whole Grain Bun Steamed Green Beans Seasonal Lunch Fruit Choice of Milk
<b>10</b> Brunch for Lunch Chicken Sausage Patty, Egg and Cheese Breakfast Sandwich on a Whole Grain Biscuit Grape Jelly Sunset Sip Vegetable Juice Seasonal Lunch Fruit Choice of Milk	<b>11</b> Chicken Fajitas on a Whole Grain Tortillas Taco Sauce Refried Beans Seasonal Lunch Fruit Choice of Milk	<b>12</b> Swedish Meatballs Whole Grain Tortillas Crunchy Broccoli with Ranch Seasonal Lunch Fruit Choice of Milk	<b>13</b> Grilled Chicken Sandwich on a Whole Grain Bun with BBQ Steamed Carrots Seasonal Lunch Fruit Choice of Milk	<b>14</b> Baked BBQ Chicken Leg Whole Grain Cornbread Steamed Corn Seasonal Lunch Fruit Choice of Milk
<b>17</b> Homemade Chili with Cheese Whole Grain Noodles WG Cheddar Goldfish Seasonal Lunch Fruit Choice of Milk	<b>18</b> <b>Celebrate!</b> <b>NATIONAL CHEESEBURGER DAY!</b>  Cheeseburger on a Whole Grain Bun with Ketchup Baked Beans Seasonal Lunch Fruit Choice of Milk	<b>19</b> Chef's Salad with Romaine Lettuce, Turkey Ham, Cheese and Ranch Dressing and Whole Grain Breadstick Assorted Graham Cracker Seasonal Lunch Fruit Choice of Milk	<b>20</b> Whole Grain Chicken Nuggets with BBQ Sauce and Assorted Graham Crackers Steamed Corn Seasonal Lunch Fruit Choice of Milk	<b>21</b> WG Cheese Pizza Sticks with Marinara Dipping Sauce Baby Carrots with Ranch Seasonal Lunch Fruit Choice Of Milk Rice Krispies Treat
<b>24</b> Orange Chicken Whole Grain Brown Rice Assorted Graham Cracker Crunchy Broccoli with Ranch Seasonal Lunch Fruit Choice of Milk	<b>25</b> Grilled Chicken on a Whole Grain Bun with Mayo Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk	<b>26</b> Homemade Meatloaf Whole Grain Dinner Roll with Margarine Assorted Graham Crackers Mashed Potatoes Seasonal Lunch Fruit Choice of Milk	<b>27</b> Meatball Sub with Mozzarella Cheese on a Whole Grain Bun Steamed Green Beans Seasonal Lunch Fruit Choice of Milk	<b>28</b> BBQ Chicken Sandwich on a Whole Grain Bun Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk

**MILK FOR SCHOOL:**

- SKIM WHITE
- LOW FAT WHITE
- SKIM CHOCOLATE

MENU SUBJECT TO CHANGE



This institution is an equal opportunity provider.