



2019 September

September is Fruit and Vegetable Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 Labor Day No School	3 Diced Chicken Nachos Popcorn Chicken w/Dinner Roll Turkey & Cheese Sand BBQ Riblet* Sandwich Peas Gr. Pepper Strips Diced Pears	4 Chicken Pot Pie Mac and Cheese Ham & Cheese Sandwich Chicken Caesar Salad Dinner Roll Sweet Potato Fries Fresh Zucchini Diced Peaches	5 Turkey with Gravy Pizza Burger Turkey & Cheese Sand BBQ Riblet* Sandwich Mashed Potatoes Celery Sticks Applesauce	6 Cajun Chili Fries Chicken Nuggets w/Dinner Roll Turkey & Cheese Sand Turkey Chef Salad w/Dinner Roll Spinach Fresh Baby Carrots Diced Peaches	All menus meet or exceed current USDA or state-specific Dietary Guidelines for the Healthy, Hunger-Free Kids Act. Offered Daily: Apples or Oranges 100% Fruit Juice Homemade Pizza Pre-made Salads Burgers Chicken Patty Sandwich Tater Tots Milk Served Daily Skim Chocolate Skim White 1% White Milk A la carte: \$.50 Student Lunch: \$3.20 Adult Lunch: \$3.60 WG – Whole Grain Romaine Salads served with Ranch Dressing Items listed with a
9 Atomic Burger Spicy Popcorn Chicken w/Sweet Tater Tots Ham & Cheese Sandwich Ham/Turkey Chef Salad w/Dinner Roll Mashed Potatoes Fresh Broccoli Mixed Fruit	10 Bosco Sticks w/Marinara Sauce Spicy Popcorn Chicken w/Sweet Tater Tots Turkey & Cheese Sand BBQ Riblet* Sandwich Green Beans Gr. Pepper Strips Diced Pears	11 Cheese & Bacon Baked Potato Spicy Popcorn Chicken w/Sweet Tater Tots Ham & Cheese Sandwich Chicken Caesar Salad Dinner Roll Glazed Carrots Fresh Zucchini Diced Peaches	12 French Toast Sticks w/Syrup Chicken Sausage Patty Spicy Popcorn Chicken w/Sweet Tater Tots Turkey & Cheese Sand BBQ Riblet* Sandwich Baked Beans Celery Sticks Applesauce	13 Early Dismissal No Service	
16 Bacon* Cheeseburger Spicy Chicken Patty Sandwich Ham & Cheese Sandwich Ham/Turkey Chef Salad w/Dinner Roll Peas Fresh Broccoli Mixed Fruit	17 Buffalo Chicken Sandwich Spicy Popcorn Chicken w/Dinner Roll Turkey & Cheese Sand BBQ Riblet* Sandwich Green Beans Gr. Pepper Strips Diced Pears	18 Cheese Ravioli w/Marinara Sauce Alfredo Chicken Flatbread Tuna Salad Sandwich Chicken Caesar Salad Dinner Roll Sweet Potatoes Fresh Zucchini Diced Peaches	19 Thai Chicken Strips Cilantro Rice Chicken Nuggets w/Dinner Roll Turkey & Cheese Sand BBQ Riblet* Sandwich French Fries Celery Sticks Applesauce	20 Toasted Turkey & Swiss Fish Sandwich w/Cheese Ham/Turkey & Cheese Sand Popcorn Chicken Salad w/Dinner Roll Steamed Broccoli Fresh Baby Carrots Diced Peaches	
23 Meatloaf w/Gravy Corn Dog Ham & Cheese Sandwich Ham/Turkey Chef Salad w/Dinner Roll Mashed Potatoes Fresh Broccoli Mixed Fruit	24 French Toast Sticks w/Syrup Chicken Sausage Patty Popcorn Chicken w/Dinner Roll Turkey & Cheese Sand BBQ Riblet* Sandwich Green Beans Gr. Pepper Strips Diced Pears	25 Large Broccoli Chicken w/Lomein Spicy Chicken Patty Sandwich Ham & Cheese Sandwich Chicken Caesar Salad Dinner Roll Sliced Carrots Fresh Zucchini Diced Peaches	26 Sloppy Joe Melt Chili Cheese Dog Turkey & Cheese Sand BBQ Riblet* Sandwich Black Beans Celery Sticks Applesauce	27 Bacon* Cheeseburger Toasted Cheese Sandwich Tomato Soup Turkey & Swiss Sand Turkey Chef Salad w/Dinner Roll Spinach Fresh Baby Carrots Diced Peaches	
30 Chicken Mashed Potato Bowl w/Dinner Roll Jerk Chicken Flatbread Ham & Cheese Sandwich Ham/Turkey Chef Salad w/Dinner Roll Green Beans Fresh Broccoli Mixed Fruit		Treat Yourself Right			

Cass Junior High School



Menus are subject to change without notice.

This institution is an equal opportunity provider.



Part time positions open
If you are interested in working part time during the school year please log into www.aramark.com and open the careers tab to review available positions in Cass or call Nichole at 630-964-0267.