

# September 2020

# Millburn Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Turkey Nachos Crunchy Celery Sticks with Ranch Raisins/Cranberries Milk	Turkey Sub Sandwich Black Beans Chilled Cupped Fruit Milk	Hamburger on a Bun Garden Salad/Ranch Chilled Cupped Fruit Milk	Cheese Pizza Corn Fresh Fruit Milk
7	8	9	10	11
No Service Labor Day	Turkey & Cheese Sub Cucumbers Ranch Chilled Cupped Fruit Milk	Turkey Nachos Black Beans Raisins/Cranberries Milk	Cheddar Cheese Sticks Gold Fish Crackers Hard Boiled Egg Fresh Broccoli/Ranch Chilled Cupped Fruit Milk	Spicy Chicken Sandwich Tater Tots Fresh Fruit Milk
14	15	16	17	18
Cheeseburger Garbanzo Bean Salad Diced Peaches Milk	French Toast Sticks w/ Turkey Sausage Tater Tots Chilled Cupped Fruit Milk	Homemade Mac & Cheese w/Roll Cucumbers/Ranch Raisins/Cranberries Milk	Crispy Chicken Ranch Pita Fresh Broccoli Chilled Cupped Fruit Milk	DBL Stuffed Crust Pizza Baby Carrots With Ranch Fresh Fruit Milk
21	22	23	24	25
Hot Dog Baby Carrots Applesauce Cup Milk	Chicken Sandwich Garbanzo Bean Salad Chilled Cupped Fruit Milk	Hamburger on a Bun Tater Tots Raisins/Cranberries Milk	Chicken Nuggets w/Pretzel Stick Romaine Salad/Ranch Chilled Cupped Fruit Milk	Turkey & Cheese Sub Celery Sticks w/Ranch Fresh Fruit Milk
28	29	30		
Chicken Tenders w/ Pretzel Stick Baby Carrots Fresh Fruit Milk	Turkey Nachos Crunchy Celery Sticks with Ranch Raisins/Cranberries Milk	Turkey Sub Sandwich Black Beans Chilled Cupped Fruit Milk		

**Lunch \$ 3.00**  
**Milk \$0.60**

**Included with Every Meal**  
**Fruit and Vegetable**  
**1% or Fat-Free Milk**

### Heat & Serve Meals

these meals are offered precooked and served cold with the purpose of them being heated PRIOR to consuming. Please make sure to **HEAT to a temperature of 165°F or higher**. All hot foods must be held at a temperature of 135°F or higher.

Menu changes are occasionally necessary. Notice will be given when possible. This institution is an equal opportunity employer.

### Arbor A+ Nutrition Mission To serve students daily:

- ✓ A wide variety of fresh, nutrient rich foods
- ✓ Fresh fruits and vegetables, locally sourced as seasonally available
- ✓ Cage free poultry with no added hormones or steroids
- ✓ Fresh whole and multigrain bread, buns and baked goods
- ✓ No-fat or 1% milk free from any growth hormones from local, sustainable farms

*~Arbor Management~*

**Make Choices for a Healthy Lifestyle!**



For more information or to "Ask the Dietitian", check out our website!