

SEPTEMBER 2022 Fairmount Lunch Menu

| Monday 8/29 National Chop Suey Day | Tuesday 8/30 | Wednesday 8/31 | Thursday 9/1 | Friday 9/2 |
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| <p>Chicken Chop Suey (Asian Chicken and Vegetables)</p> <p>Jasmine Rice Steamed Fresh Green Beans</p> <p>Diced Peaches, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> | <p>Cheese Steak Sub with American Cheese on a Whole Grain Roll</p> <p>Cole Slaw Baked Beans</p> <p>Apple Slices, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> | <p>Chicken Breast with Glazed Apples</p> <p>Local Sweet Corn on the Cob Home-style Potato Salad</p> <p>Diced Pears, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> | <p>Home-style Macaroni and Cheese</p> <p>California Blend Vegetables Diced Roasted Potatoes</p> <p>Mixed Grapes, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> | <p>Cheese Pizza on Whole Grain Crust</p> <p>Baked Sweet Potato Fries Steamed Broccoli</p> <p>Mandarin Oranges, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> |
| Monday 9/5 Labor Day No School | Tuesday 9/6 | Wednesday 9/7 National Acorn Squash Day | Thursday 9/8 | Friday 9/9 |
| | <p>Ground Beef Soft Tacos with Shredded Lettuce, Diced Tomato, Shredded Cheese, Sour Cream and Salsa</p> <p>Key Largo Vegetables Spanish Rice</p> <p>Watermelon, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> | <p>Cheese Ravioli with Marinara Sauce</p> <p>Cheesy Garlic Bread Steamed Baby Carrots</p> <p>Apple Sauce, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> | <p>All Beef Hot Dog with Ketchup and Mustard on a Whole Grain Bun</p> <p>Marinated Cucumber and Tomato Salad Home Style Potato Salad</p> <p>Fresh Fruit Salad, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> | <p>Cheese Pizza on Whole Grain Crust</p> <p>Baked Sweet Potato Fries Steamed Cabbage</p> <p>Whole Apple, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> |
| Monday 9/12 | Tuesday 9/13 International Chocolate Day | Wednesday 9/14 | Thursday 9/15 | Friday 9/16 |
| <p>Chicken Parmesan</p> <p>Pesto Parmesan Risotto Italian Blend Vegetables</p> <p>Diced Peaches, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> | <p>Ground Beef Soft Tacos with Shredded Lettuce, Diced Tomato, Shredded Cheese, Sour Cream and Salsa</p> <p>Spanish Rice Roasted Plantains Whole Grain Chocolate Chip Cookie</p> <p>Apple Slices, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> | <p>All Beef Hot Dog with Ketchup and Mustard on a Whole Grain Bun</p> <p>Oven Baked Fries, Italian Vegetable Blend</p> <p>Diced Pears, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> | <p>Baked Whole Grain Fish Sticks with Tarter Sauce</p> <p>Oven Roasted Potato Wedges Mediterranean Blend Vegetables</p> <p>Mixed Grapes, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> | <p>Cheese Pizza on Whole Grain Crust</p> <p>Baked Sweet Potato Fries Steamed Broccoli</p> <p>Mandarin Oranges, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> |
| Monday 9/19 | Tuesday 9/20 National Fried Rice Day | Wednesday 9/21 | Thursday 9/22 | Friday 9/23 |
| <p>Oven Fried Chicken Sandwich with Lettuce, Tomatoes, and Pickles</p> <p>Mashed Butternut Squash Rice Pilaf</p> <p>Tropical Fruit Salad, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> | <p>General Tso's Chicken</p> <p>Vegetable Fried Rice Steamed Broccoli</p> <p>Watermelon, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> | <p>Baked Chicken Fingers with Honey Mustard Dipping Sauce</p> <p>California Blend Vegetables Baked Fries</p> <p>Apple Sauce, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> | <p>Cheesesteak Sub on w Whole Grain Roll with American Cheese</p> <p>Macaroni Salad Local Corn on the Cob</p> <p>Fresh Fruit Salad, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> | <p>Cheese Pizza on Whole Grain Crust</p> <p>Steamed Baby Carrots Garlic Mashed Potatoes</p> <p>Whole Apple, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> |
| Monday 9/26 Rosh Hashanah / No School | Tuesday 9/27 National Corned Beef Hash Day | Wednesday 9/28 | Thursday 9/29 | Friday 9/30 |
| | <p>Whole Grain Pancakes and Sausage Patties with Sugar Free Syrup</p> <p>Corned Beef Hash California Blend Vegetables</p> <p>Apple Slices, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> | <p>Mini Corn Dogs with Honey Mustard Dipping Sauce</p> <p>Cole Slaw Baked Fries</p> <p>Diced Pears, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> | <p>Grilled Turkey Burger with Cheddar Cheese, Lettuce, Tomato on a Whole Grain Roll with Ketchup and Mustard</p> <p>Rice Pilaf German Blend Vegetables</p> <p>Mixed Grapes, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> | <p>Cheese Pizza on Whole Grain Crust</p> <p>Baked Sweet Potato Fries Steamed Broccoli</p> <p>Mandarin Oranges, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p> |