



September 2023

Frontenac Schools Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>ALL MEALS ARE SUBJECT TO CHANGE</p> <p>ALL MEALS SERVED WITH JUICE & MILK</p> <p>Chicken Sandwich Option</p>			<p>1</p> <p>Pizza Hut Pizza Broccoli Florets w/Ranch Fresh Pear Cookie</p>
<p>4</p> <p>NO SCHOOL</p> <p>Hamburger Option</p>	<p>5</p> <p>Chicken Strips Mac & Cheese Garlic Broccoli Wheat Roll & Jelly 6-12 Mandarin Oranges</p>	<p>6</p> <p>Corn Dog Corn Fries Pineapple Chunks</p>	<p>7</p> <p>Biscuit & Gravy Sausage Patty Green Beans Sliced Peaches</p>	<p>8</p> <p>Pizza Hut Pizza Cucumber Coins Diced Pears Cookie</p>
<p>11</p> <p>Cheeseburger Lettuce & Tomato Fries Sliced Peaches Hot Dog Option</p>	<p>12</p> <p>Chicken Drumstick(s) Mashed Potatoes & Gravy Green Beans Wheat Roll & Jelly 6-12 Mixed Fruit</p>	<p>13</p> <p>Frito Chili Pie Corn Baby Carrots Pineapple Chunks Snickerdoodle Cookie</p>	<p>14</p> <p>BBQ Pork Rib Sandwich Sweet Potato Tots Baked Beans Mandarin Oranges</p>	<p>15</p> <p>Pizza Hut Pizza Fresh Broccoli w/Ranch Sliced Pears Cookie</p>
<p>18</p> <p>Meatball Sub Seasoned Peas Fresh Baby Carrots Mandarin Oranges Chicken Sandwich Option</p>	<p>19</p> <p>Chicken & Cheese Quesadilla Corn Cucumber Coins w/Ranch Applesauce</p>	<p>20</p> <p>Breaded Beef Patty Mashed Potatoes & Gravy Green Beans Wheat Roll & Jelly 6-12 Mixed Fruit</p>	<p>21</p> <p>Turkey & Cheese Sub Lettuce/Tomato Fries Sliced Peaches</p>	<p>22</p> <p>Pizza Hut Pizza Garden Salad Tropical Fruit Cookie</p>
<p>25</p> <p>Chili Dog Seasoned Potato Wedges Baby Carrots Mandarin Oranges Hamburger Option</p>	<p>26</p> <p>Chicken Noodles Mashed Potatoes Green Beans Roll Sliced Peaches</p>	<p>27</p> <p>BBQ Pulled Pork Sandwich Tri Tater Baked Beans Cole Slaw Diced Pears</p>	<p>28</p> <p>Chicken & Cheese Crisпитos Corn Snickerdoodle Cookie Applesauce</p>	<p>29</p> <p>Pizza Hut Pizza Fresh Broccoli w/Ranch Tropical Fruit September Birthday Cake</p> 

Sandwich Line available K-12

This institution is an equal opportunity provider.