

# Moharimet & Mast Way

# September

2020

## LUNCH MENU



Broccoli and cauliflower are both members of the Brassicaceae family, which also includes Brussels sprouts, cabbage, kale and radishes. We eat the flower buds of the plant before they bloom; the stalks are also edible but have a tougher texture.

<p>Lunch Prices: \$2.75 Reduced: .40 Adults: \$4.50 <b>This institution is an equal opportunity provider</b></p>	<p><b>School Info:</b> Daily alternate entree: Yogurt Plate. Fruits, veggies, and milk are included with all meals</p>	<p><b>2</b> GRILLED CHICKEN on a BUN LETTUCE &amp; TOMATO <b>FRESH BROCCOLI SALAD</b> SWEET ORANGE SMILES</p>	<p><b>3</b> PULLED PORK TACO w/CHEESE HOMEMADE COLESLAW SIDE SALAD FRESH APPLE</p>	<p><b>4</b> To offset the cost of online payments, students who qualify for reduced-priced meals will now be FREE thanks to generous donations from our community</p>
<p><b>7</b> LABOR DAY</p>	<p><b>8</b> CHICKEN &amp; WAFFLES CRUNCHY BABY CARROTS SIDE SALAD CHILLED PEARS</p>	<p><b>9</b> PASTA &amp; MARINARA w/CHEESE SIDE SALAD RED, WHITE &amp; BLUE FRUIT CUP</p>	<p><b>10</b> BBQ CHICKEN PIECES HOMEMADE CORNBREAD SIDE SALAD, CORN CHILLED PEARS</p>	<p><b>11</b> WHOLE GRAIN PIZZA BITES w/MARINARA DIPPING SAUCE BAKED BEANS SIDE SALAD FRUIT SALAD</p>
<p><b>14</b> CHICKEN PHILLY MASHED POTATO BOWL <b>STEAMY BROCCOLI</b> SIDE SALAD, DINNER ROLLS SWEET ORANGE SMILES</p>	<p><b>15</b> SLOPPY JOE ON A BUN CREAMY COLE SLAW SIDE SALAD PINEAPPLE CHUNKS</p>	<p><b>16</b> HOT DOG on a WHOLE WHEAT BUN, SEASONED BAKED BEANS CORN ON THE COB, SIDE SALAD FRESH WATERMELON CHUNKS</p>	<p><b>17</b> HOMEMADE CHICKEN QUESADILLA ROASTED RED POTATOES SIDE SALAD CHILLED PEACHES</p>	<p><b>18</b> WHOLE GRAIN PIZZA STICKS MARINARA DIPPING SAUCE SIDE SALAD FRESH LOCAL APPLE</p>
<p><b>21</b> <u>BRUNCH FOR LUNCH</u> FRENCH TOAST STICKS YOGURT CUP ROASTED RED POTATOES STRAWBERRY CUP</p>	<p><b>22</b> <u>Make Your Own</u> CHICKEN TACO with LETTUCE CHEESE, TOMATO, SOFT SHELL SPANISH RICE &amp; BLACK BEANS CHILLED PEACHES</p>	<p><b>23</b> TURKEY ITALIAN SUB W/TURKEY, CHEESE, TOMATO PICKLE, GREEN PEPPER <b>CRISP BROCCOLI &amp; CAULIFLOWER</b> DICED PEARS</p>	<p><b>24</b> SHEPHERDS PIE WHOLE WHEAT ROLL ROASTED BRUSSEL SPROUTS FRESH CANTALOUPE</p>	<p><b>25</b> WHOLE GRAIN CHEESE PIZZA CRISP CUCUMBER SLICES SIDE SALAD FRUIT SALAD</p>
<p><b>28</b> TACO SALAD w/SEASONED CHICKEN, TOMATOES, PEPPERS, LETTUCE, CHEESE, SALSA, RICE TORTILLA CHIPS CINNAMON APPLESAUCE</p>	<p><b>27</b> SPAGHETTI &amp; MEATBALLS BREADSTICK SIDE SALAD ORANGE SMILES</p>	<p><b>30</b> CHEESEBURGER W/LOCAL GRASS-FED BEEF ON A WW BUN BABY CARROTS MIXED FRUIT</p>	<p>MAKE PAYMENTS, FILE APPLICATIONS, VIEW HISTORY AND BALANCES THROUGH THE NEW TITAN FAMILY PORTAL AT <a href="https://family.titank12.com/">https://family.titank12.com/</a></p>	<p>All student balances from Meal Magic have been transferred to the Titan student accounts.</p>