

# Encompass

## September 2023 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Salisbury Steak+ Corn, Creamed Watermelon Chunks WGR Bread Ketchup WhMilk-1 /Skim-2^
4 NO SCHOOL TODAY	5 WGR Pizza Sticks + Peas Apple Spaghetti Sauce WhMilk-1 /Skim-2^	6 Chicken Fillet+ Broccoli Peaches WGR Bread WhMilk-1 /Skim-2^	7 Bean WGRBurrito Shredded Cheese Green Beans Cantaloupe WhMilk-1 /Skim-2^	8 Meatballs+ w Gravy Parsley Potatoes Oranges WGRDinnerroll WhMilk-1 /Skim-2^
11 Pork Stew w/ Vegetables Oranges WGR Biscuit WhMilk-1 /Skim-2^	12 ChickenDumplingSoup Cucumber Granny Smith Apple W/GR Goldfish Crackers WhMilk-1 /Skim-2^	13 Turkey & Gravy Mashed Potatoes Peaches WGRBreadstick WhMilk-1 /Skim-2^	14 BBQ Chicken Broccoli Canned Pears WGR Hamburger Bun WhMilk-1 /Skim-2^	15 LunchMeat&ChsWGRSandwich Green Pepper Grapes Mayonnaise WhMilk-1 /Skim-2^
18 Chicken Broccoli Alfredo Oranges WGR Bread WhMilk-1 /Skim-2^	19 Lasagna Soup Baby Carrots w/ Dip Apple WGR Garlic Breadsticks WhMilk-1 /Skim-2^	20 BreadedWGChick,Dinosaurs Green Beans Peaches Ranch Dressing WGR Bread WhMilk-1 /Skim-2^	21 Sausage Pattie Yogurt Red-Yellow-Grn Peppers Cantaloupe WGR Map Waffle Flatbread WhMilk-1 /Skim-2^	22 Hamburger+ Baked Beans Tropical Fruit WGR Hamburger Bun Ketchup WhMilk-1 /Skim-2^
25 ChseburgerVegCasserole Oranges WGRDinnerroll WhMilk-1 /Skim-2^	26 CreamofChx WildRiceSoup Green Pepper Apple W/G Cheez-It Cracker WhMilk-1 /Skim-2^	27 BBQ Chicken Malibu VegBlend Peaches WGR Hamburger Bun WhMilk-1 /Skim-2^	28 Ham Patty+ Tatertots Grapes Ketchup WGR Bread WhMilk-1 /Skim-2^	29 SmorgasofEntrees,Veg/Frt Variety of Items FrshorCanVegandFruit WGR Bread WhMilk-1 /Skim-2^

**\*NA\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient.

**\*** - denotes combined nutrient totals with either missing or incomplete nutrient data.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.