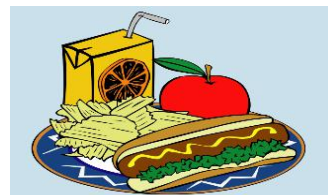




SEPTEMBER MENU 2023
SALEM COUNTY
VO-TECH



Breakfast Offered Daily. WGR Cereals, Muffins, Bagels, Fruit, and Milk

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | 1 FRIDAY |
|---|---|--|--|--|
| 4 | 5 | 6 | 7 | 8 |
| HAPPY LABOR DAY!! NO SCHOOL | NO SCHOOL IN SERVICE DAY | CHEESEBURGER OR HAM + CHEESE WRAP LETTUCE + TOMATO CORN | CHEESE PIZZA OR TURKEY + CHEESE HOAGIE GREEN BEANS | CHICKEN CHEESESTEAK OR CHICKEN CAESAR WRAP PEPPERS + ONIONS BROCCOLI |
| 11 | 12 | 13 | 14 | 15 |
| CHICKEN NUGGETS W/ DIPPING SAUCE OR HAM + CHEESE WRAP GREEN BEANS FRENCH FRIES | HOT DOG OR AMERICAN HOAGIE BROCCOLI BAKED BEANS | SAUSAGE, EGG, + CHEESE SANDWICH OR TURKEY + CHEESE WRAP HOME FRIES W/ PEPPERS + ONIONS CORN | CHEESE PIZZA OR TUNA SALAD SANDWICH SIDE SALAD | CHILI W/ CHEDDAR CHEESE OR BEEF TACO WRAP RICE CARROTS |
| 18 | 19 | 20 | 21 | 22 |
| CHEESESTEAK SANDWICH OR HAM + CHEESE WRAP GREEN BEANS LETTUCE + TOMATO | MEATBALL SANDWICH OR AMERICAN HOAGIE BROCCOLI | CHICKEN CHIPOTLE BOWL OR CHEESEBURGER WRAP SALSA, CHEDDAR CHEESE, SOUR CREAM. TOMATO RICE, + CORN | CHEESE PIZZA OR TUNA SALAD SANDWICH SIDE SALAD | CHEESEBURGER SUB OR BBQ CHICKEN WRAP FRENCH FRIES CARROTS |
| 25 | 26 | 27 | 28 | 29 |
| CHICKEN TENDERS OR HAM + CHEESE WRAP FRENCH FRIES CARROTS | BBQ PULLED PORK OR CHEESESTEAK WRAP GREEN BEANS | BEEF NACHO W/ TORTILLA CHIPS OR BUFFALO CHICKEN WRAP LETTUCE, TOMATO, SALSA, CHEDDAR CHEESE, RICE, + CORN | CHEESE PIZZA OR TUNA SALAD SANDWICH SIDE SALAD | HOT HAM + CHEESE SANDWICH OR CHICKEN CAESAR WRAP BROCCOLI |

**ALTERNATIVE MAIN ENTREES: CHOOSE ONE IN PLACE OF THE MAIN ENTRÉE:
 COLD SALAD PLATTER OR PB + J SANDWICH**

DON'T FORGET YOUR FRUIT + VEGGIES!! CHOICE OF FRESH OR CHILLED FRUIT

WE OFFER 1% WHITE OR FAT FREE CHOCOLATE

LUNCH INCLUDES: 1-2 FRUIT, 1-2 VEGETABLE, MILK, PROTEIN, + GRAIN



MENU SUBJECT TO CHANGE

