



RISING STARS
ACADEMY

LUNCH Menu SEPTEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				NO SCHOOL
4	5	6	7	8
LABOR DAY NO SCHOOL	Chicken Tenders Tater Tots Beans	Bean Burrito Refried Beans Baby Carrots	Sloppy Joes Tater Tots Corn	Pizza w/Turkey Pepperoni Salad
11	12	13	14	15
Hot Turkey Sandwich Mashed Potatoes Corn	Corn Dog Casserole Cole Slaw	Burger Tater Tots Beans	Eggroll in a Bowl	Turkey Sandwich Whole Wheat Bread Tossed Salad
18	19	20	21	22
Pizza Salad	Mexican Casserole Corn Salsa	Mac-n-Cheese Peas	Chicken Tenders Tater Tots Beans	Sloppy Joes Tater Tots Beans
25	26	27	28	29
Shepherd's Pie Roll	Pasta w/Meat Sauce	Corn Dog Tater Tots Carrots	Chef's Salad	Burger Tater Tots Lettuce Tomato

Salad Dressings: Low-cal Ranch
Low-cal Italian

Salad includes: 1 cup Greens and ½ cup Tomatoes

Daily Fresh Fruit: Apples, Bananas, Grapes, Oranges, Peaches, Pears

Milk Options: 1% White, Fat Free Chocolate, Soy