

SEPTEMBER 2023

MORIAH CENTRAL SCHOOL DISTRICT

Every day we offer a delicious and varied salad bar full of fruits and veggies.

			salad bar full of fruits and veggles.		
	Monday	Tuesday	Wednesday	Thursday	Friday
7					NO SCHOOL TODAY
A	LABOR DAY NO SCHOOL TODAY	NO SCHOOL TODAY	NO SCHOOL TODAY Brunch For Lunch	Hamburgers French Fries Fruits & Veggies Milk	Cheese Pizza Pepperoni Pizza Fruits & Veggies Milk
T T	Buffalo or Plain Chicken Wraps w/ Chips & Salsa Fruits & Veggies Milk	Beef or Bean Taco Brown Rice Fruits & Veggies Milk	Eggs, Sausage or Bacor 1,3 Muffin & Dirty Potatoes Fruits & Veggies Milk	Sticky Chicken Brown Rice Fruits & Veggies Milk	Cheese Pizza Pepperoni Pizza Fruits & Veggies Milk
	Spaghetti w/ Homemade 8 Meatballs & Marinara Fruits & Veggies Milk	BBQ Chicken w/ Local Wheatberries Try them Hot or as a Cold Salad!! Fruits & Veggies Milk	Chef's Salad Corn Chowder & a Roll Fruits & Veggies Milk	Grilled Cheese Tomato Soup Fruits & Veggies Milk	Cheese Pizza Pepperoni Pizza Fruits & Veggies Milk
K	Goulash Homemade Garlic Bread Fruits & Veggies Milk	Beef or Bean Nachos 26 Brown Rice Fruits & Veggies Milk	Garlic Butter Baked Chic ker Brown Rice Fruits & Veggies Milk	Baked Potato Bar Chili, Cheese Sauce, Brock & Corn Bread Fruits & Veggies Milk	Calzones 29 Fruits & Veggies Milk

Your child can get 3 items at no cost even if they bring lunch!!

Alternate choices are PB&J or Egg Salad Sandwich.

All students eat meals at no cost in our school.