

**SUN AREA TECHNICAL INSTITUTE**  
**LUNCH MENU**

Prices: \$ 2.75 – Reduced Price: \$ .40

Milk \$.50 Adult - \$3.50

**AUGUST/SEPTEMBER 2016**

		<u><b>Wednesday August 17</b></u> Breaded Chicken Nuggets WG Roll Seasoned Broccoli Chilled Assorted Fruit Milk Choices	<u><b>Thursday August 18</b></u> Oven Baked Breaded Chicken Mashed Potatoes w/Gravy WG Roll Chilled Assorted Fruit Milk Choices	<u><b>Friday August 19</b></u> Big Daddy's Pizza Seasoned Cauliflower Baked Beans Chilled Assorted Fruit Milk Choices
<u><b>Monday August 22</b></u> <b>Breakfast for Lunch</b> French Toast Sticks w/Syrup Sausage Patty Potato Rounds Chilled Orange Juice Milk Choices	<u><b>Tuesday August 23</b></u> Meatball Hoagie Seasoned Green Beans Seasoned Brown Rice Chilled Assorted Fruit Milk Choices	<u><b>Wednesday August 24</b></u> Assorted Grilled Cheese Sandwiches Creamy Tomato Soup w/Goldfish crackers Tossed Salad w/Dressing Chilled Assorted Fruit Milk Choices	<u><b>Thursday August 25</b></u> Grilled Chicken Salad Seasoned Broccoli Sweet Potato Fries Chilled Assorted Fruit Milk Choices	<u><b>Friday August 26</b></u> Cheeseburger on WG Roll Baked Beans Oven Baked Potato Rounds Chilled Assorted Fruit Milk Choices
<u><b>Monday August 29</b></u> Chicken Patty Sandwich on WG Roll Buffalo Sauce Available Seasoned Hummus w/Celery Sticks Buttered Noodles Chilled Assorted Fruit Milk Choices	<u><b>Tuesday August 30</b></u> Homemade Stromboli w/ Dipping Sauce Red Peppers w/Dip Oven Baked Fries Chilled Assorted Fruit Milk Choices	<u><b>Wednesday August 31</b></u> Spaghetti w/Meat Sauce Romaine Salad w/Dressing Garlic Bread Chilled Assorted Fruit Milk Choices	<u><b>Thursday September 1</b></u> Assorted Hoagies w/Lettuce & Tomato Middleswarth Chips Garbanzo Beans Ice Cream Cup Chilled Assorted Fruit Milk Choices	<u><b>Friday September 2</b></u> Stuffed Crust Pizza Cheesy Fries Cookie (WG) Chilled Assorted Fruit Milk Choices
<u><b>Monday September 5</b></u>  <p style="text-align: center;"><b>SCHOOL CLOSED LABOR DAY</b></p>	<u><b>Tuesday September 6</b></u> Cheese Steak Cosmo w/Sauce Sweet Potato Fries Sautéed Peppers & Onions Baked Beans Chilled Assorted Fruit Milk Choices	<u><b>Wednesday September 7</b></u> Chicken Parmesan w/side of Spaghetti Romaine Salad w/Dressing WG Dinner Roll Chilled Assorted Fruit Milk Choices	<u><b>Thursday September 8</b></u> Build A Burger on WG Roll w /Lettuce & Tomato Black Bean Salad Half Baked Potato w/Cheese Chilled Assorted Fruit Milk Choices	<u><b>Friday September 9</b></u> Fish Sandwich on WG Roll Seasoned Green Beans Side of Mac & Cheese Chilled Assorted Fruit Milk Choices
<u><b>Monday September 12</b></u> Chicken Nuggets w/WG Roll Super Sweet Potato Fries Black Beans Chilled Assorted Fruit Milk Choices	<u><b>Tuesday September 13</b></u> Assorted Hoagies w/Lettuce & Tomato Carrots w/Dip Middleswarth Chips Chilled Assorted Fruit Milk Choices	<u><b>Wednesday September 14</b></u> Asian Chicken over Seasoned Brown Rice Seasoned Broccoli Cuts WG Dinner Roll Chilled Assorted Fruit Milk Choices	<u><b>Thursday September 15</b></u> Chicken and Waffles Mashed Potatoes w/Gravy Seasoned Corn Chilled Assorted Fruit Milk Choices	<u><b>Friday September 16</b></u> Big Daddy's Pizza Seasoned Cauliflower Baked Beans Chilled Assorted Fruit Milk Choices

Daily Optional Choices: Deli Sandwiches, Deli Wraps, PB&J Sandwich, PB&M Sandwich, Chef Salads, Optional Lunch Bar

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<u><b>Monday September 19</b></u> Popcorn Chicken Bowl Mashed Potatoes w/Gravy Seasoned Corn WG Roll Chilled Assorted Fruit Milk Choices	<u><b>Tuesday September 20</b></u> Soft Taco Refried Beans Seasoned Brown Rice Fresh Celery/Cucumbers Chilled Assorted Fruit Milk Choices	<u><b>Wednesday September 21</b></u> Chicken Sub Cosmo Oven Baked Fries Seasoned Broccoli Chilled Assorted Fruit Milk Choices	<u><b>Thursday September 22</b></u> Hot Turkey Roast Sandwich w/Gravy on WG Bread Mashed Potatoes Seasoned Green Beans Chilled Assorted Fruit Milk Choices	<u><b>Friday September 23</b></u> Chicken Rice Bowl w/Mandarin Sauce Black Bean Salad Nachos w/Salsa Chilled Assorted Fruit Milk Choices
<u><b>Monday September 26</b></u> Chicken Tender Basket w/Coleslaw & Oven Baked Fries Chilled Assorted Fruit Milk Choices	<u><b>Tuesday September 27</b></u> Homemade Lasagna Romaine Salad w/Dressing WG Roll Chilled Assorted Fruit Milk Choices	<u><b>Wednesday September 28</b></u> <b>Breakfast for Lunch</b> French Toast Sticks w/Syrup Sausage Patty Potato Rounds Chilled Orange Juice Milk Choices	<u><b>Thursday September 29</b></u> Oven Baked Breaded Chicken Mashed Potatoes w/Gravy WG Roll Chilled Assorted Fruit Milk Choices	<u><b>Friday September 30</b></u>  <b>COOK'S CHOICE</b>

Daily Optional Choices: Deli Sandwiches, Deli Wraps, PB&amp;J Sandwich, PB&amp;M Sandwich, Chef Salads, Optional Lunch Bar