



Fred Douglass Lunch Menu

September 2019

02



03

**Fish Sticks
w/ Mac & Cheese**

Green Beans
Banana
Choice of Milk

04

Chicken Nugget

Baked Beans
Apple Juice
Choice of Milk

05

Beef Nachos

Broccoli
Applesauce
Choice of Milk

06

Pepperoni Pizza

Tomato Wedges
Watermelon
Choice of Milk

09

**Breaded Chicken
Drumstick**

Mashed Potatoes
Orange
Choice of Milk

10

**Spaghetti
w/ Meat Sauce**

Green Beans
Banana
Choice of Milk

11

Chicken Nuggets

Sweet Potato Fries
Diced Peaches
Choice of Milk

12

Hamburger

Baked Beans
Applesauce
Choice of Milk

13

Cheese Pizza

Baby Carrots
Orange Juice
Choice of Milk

16

**Breaded Chicken
Sandwich**

Sweet Potato Fries
Diced Peaches
Choice of Milk

17

**Chicken Mashed
Potato Bowl**

Cucumber Slices
Banana
Choice of Milk

18

**Mini Chicken
Corn Dogs**

Corn
Apple Juice
Choice of Milk

19

Beef Soft Tacos

Baby Carrots
Watermelon
Choice of Milk

20

Pepperoni Pizza

Fresh Broccoli
Pineapple Tidbits
Choice of Milk

23

**Cheese Stuffed
Breadsticks**

Grape Tomatoes
Orange Juice
Choice of Milk

24

Chicken Nuggets

Celery Sticks
Diced Pears
Choice of Milk

25

**Tater Bite Beef
Nachos**

Refried Beans
Apple
Choice of Milk

26

Hamburger

Sweet Potato Fries
Applesauce
Choice of Milk

27

Cheese Pizza

Broccoli
Banana
Choice of Milk

30

Popcorn Chicken

Cucumber Slices
Orange
Choice of Milk

More info...

September 24th – Picture Day
September 20th – Try Day Friday
September 26th – Multicultural Parade

More info...

Community
Eligibility
Provision
(CEP)

