



# September 2019

## RAL Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<b>Served Daily...</b>  <b>Assorted Fresh Veggies</b>  <b>Assorted Fresh or Canned Fruits or 100% Juice</b>  <b>Skim or 1% White Milk</b>  <b>Skim Chocolate Milk</b>
<b>2</b>    	<b>3</b>  <b>Global Flavors!</b> <b>Sweet &amp; Sour Popcorn Chicken w/ Rice</b>  <b>G&amp;G:</b> Cheeseburger Chicken Ranch Wrap  Broccoli	<b>4</b>  <b>Pizza Dippers w/ Marinara Sauce</b>  <b>G&amp;G:</b> Spicy Chicken Sandwich Ham & Cheese Sandwich  Green Beans French Fries	<b>5</b>  <b>Beef Nachos w/ Mexican Spiced Rice</b>  <b>G&amp;G:</b> Chicken Patty Sandwich Peanut Butter & Jelly Sandwich  Refried Beans	<b>6</b>  <b>Chicken Alfredo w/ Garlic Toast</b>  <b>G&amp;G:</b> Cheeseburger Peanut Butter Wrap  Carrot Coins	
<b>9</b>  <b>BBQ Cheesesteak Sandwich</b>  <b>G&amp;G:</b> Chicken Patty Sandwich Turkey & Cheese Sandwich  Green Beans French Fries	<b>10</b>  <b>Cheeseburger Rolletto</b>  <b>G&amp;G:</b> Hot Dog Chicken Ranch Wrap  Sweet Potato Fries	<b>11</b>  <b>Fuel Special!</b> <b>Sweet Potato Tater Tots w/ Spicy Popcorn Chicken &amp; BBQ Sauce w/ Garlic Toast</b>  <b>G&amp;G:</b> Cheeseburger Ham & Cheese Sandwich  Refried Beans	<b>12</b>  <b>Breaded Chicken Drumstick w/ Dinner Rolls</b>  <b>G&amp;G:</b> Grilled Cheese Peanut Butter & Jelly Sandwich  Mashed Potatoes & Gravy	<b>13</b>  <b>Chicken Fried Rice</b>  <b>G&amp;G:</b> Spicy Chicken Sandwich Peanut Butter Wrap  Broccoli French Fries	
<b>16</b>  <b>Fish Sticks w/ Sriracha Sauce &amp; Dinner Roll</b>  <b>G&amp;G:</b> Chicken Patty Sandwich Turkey & Cheese Sandwich  Criss Cut Fries	<b>17</b>  <b>Popcorn Chicken Mashed Potato Bowl w/ Pretzel</b>  <b>G&amp;G:</b> Cheeseburger Chicken Ranch Wrap  Mashed Potatoes & Gravy	<b>18</b>  <b>Cheese Ravioli w/ Marinara &amp; Garlic Toast</b>  <b>G&amp;G:</b> Chicken Patty Sandwich Ham & Cheese Sandwich  Broccoli French Fries	<b>19</b>  <b>Brunch for Lunch!</b> <b>Cheesy Scrambled Eggs w/ Waffles &amp; Fruit topping</b> <b>G&amp;G:</b> Spicy Chicken Patty Sandwich Peanut Butter & Jelly Sandwich  Sweet Potato Tots	<b>20</b>  <b>Chicago Style Hot Dog</b>  <b>G&amp;G:</b> Cheeseburger Peanut Butter Wrap  Baked Beans French Fries	
<b>23</b>  <b>Meatloaf w/ Glaze &amp; Bread Slices</b>  <b>G&amp;G:</b> Chicken Patty Sandwich Turkey & Cheese Sandwich  Mashed Potatoes & Gravy	<b>24</b>  <b>Ham &amp; Cheese on a Pretzel Bun</b>  <b>G&amp;G:</b> Spicy Chicken Patty Sandwich Chicken Ranch Wrap  Carrot Coins French Fries	<b>25</b>  <b>Pepperoni Pizza w/ Breadstick</b>  <b>G&amp;G:</b> Cheeseburger Ham & Cheese Sandwich  Broccoli	<b>26</b>  <b>Beef Tacos w/ Mexican Spiced Rice</b>  <b>G&amp;G:</b> Chicken Patty Sandwich Peanut Butter & Jelly Sandwich  Refried Beans	<b>27</b>  <b>Buzzer Beater Basket</b>  <b>G&amp;G:</b> Hot Dog Peanut Butter Wrap  Green Peas  <b>National Chocolate Milk Day!</b>	
<b>30</b>  <b>Diced Chicken &amp; Gravy w/ Biscuit</b>  <b>G&amp;G:</b> Cheeseburger Turkey & Cheese Sandwich  Mashed Potatoes & Gravy					

Menus are subject to change without notice.

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