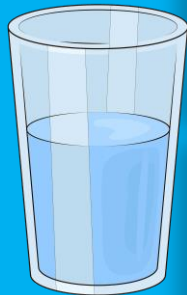


# SEPTEMBER 2020

HAPPY  
Labor Day

## BOYS AND GIRLS COV MESA – LUNCH MENU

During summer..  
Don't forget to drink enough Water



### Fruits of the Day:

- Apple
- Banana
- Fruit Cocktail
- Grapes
- Honeydew
- Orange
- Pears
- Plums
- Watermelon

	T	W	T	F
<b>M</b>	<ul style="list-style-type: none"> <li>• Spaghetti w Meat Sauce</li> <li>• Carrots</li> <li>• Watermelon</li> <li>• Variety Milk</li> </ul> <p>1</p>	<ul style="list-style-type: none"> <li>• Potato and beef Burrito</li> <li>• Refried Beans</li> <li>• Oranges</li> <li>• Variety Milk</li> </ul> <p>2</p>	<ul style="list-style-type: none"> <li>• Chicken w roll</li> <li>• Green Beans</li> <li>• Apple</li> <li>• Variety Milk</li> </ul> <p>3</p>	<ul style="list-style-type: none"> <li>• Pepperoni Pizza</li> <li>• Broccoli</li> <li>• Mixed Fruit Cup</li> <li>• Variety of Milk</li> </ul> <p>4</p>
<b>NO SCHOOL</b>	<ul style="list-style-type: none"> <li>• Beef Mac and Cheese</li> <li>• Carrots</li> <li>• Watermelon</li> <li>• Variety Milk</li> </ul> <p>7</p>	<ul style="list-style-type: none"> <li>• Beef and Bean Burrito</li> <li>• Refried Beans</li> <li>• Oranges</li> <li>• Variety Milk</li> </ul> <p>9</p>	<ul style="list-style-type: none"> <li>• Orange Chicken w rice</li> <li>• Green Beans</li> <li>• Apple</li> <li>• Variety Milk</li> </ul> <p>10</p>	<ul style="list-style-type: none"> <li>• Pepperoni Pizza</li> <li>• Broccoli</li> <li>• Mixed Fruit Cup</li> <li>• Variety of Milk</li> </ul> <p>11</p>
<ul style="list-style-type: none"> <li>• Chicken Tenders w Roll</li> <li>• Corn</li> <li>• Banana</li> <li>• Variety Milk</li> </ul> <p>14</p>	<ul style="list-style-type: none"> <li>• Sloppy Joe</li> <li>• Carrots</li> <li>• Watermelon</li> <li>• Variety Milk</li> </ul> <p>15</p>	<ul style="list-style-type: none"> <li>• Chicken Quesadilla</li> <li>• Oranges</li> <li>• Variety Milk</li> </ul> <p>16</p>	<ul style="list-style-type: none"> <li>• PB&amp;J sandwich</li> <li>• Green Beans</li> <li>• Apple</li> <li>• Variety Milk</li> </ul> <p>17</p>	<ul style="list-style-type: none"> <li>• Pepperoni Pizza</li> <li>• Broccoli</li> <li>• Mixed Fruit Cup</li> <li>• Variety of Milk</li> </ul> <p>18</p>
<ul style="list-style-type: none"> <li>• Chicken Nuggets w Roll</li> <li>• Corn</li> <li>• Banana</li> <li>• Variety Milk</li> </ul> <p>21</p>	<ul style="list-style-type: none"> <li>• Beef Mac and Cheese</li> <li>• Carrots</li> <li>• Watermelon</li> <li>• Variety Milk</li> </ul> <p>22</p>	<ul style="list-style-type: none"> <li>• Beef Picadillo Burrito</li> <li>• Refried Beans</li> <li>• Oranges</li> <li>• Variety Milk</li> </ul> <p>23</p>	<ul style="list-style-type: none"> <li>• Turkey Sub</li> <li>• Green Beans</li> <li>• Apple</li> <li>• Variety Milk</li> </ul> <p>24</p>	<ul style="list-style-type: none"> <li>• Pepperoni Pizza</li> <li>• Broccoli</li> <li>• Mixed Fruit Cup</li> <li>• Variety of Milk</li> </ul> <p>25</p>
<ul style="list-style-type: none"> <li>• Cheeseburger</li> <li>• Corn</li> <li>• Banana</li> <li>• Variety of Milk</li> </ul> <p>28</p>	<ul style="list-style-type: none"> <li>• Macaroni, cheese and Ham Salad</li> <li>• Carrots</li> <li>• Watermelon</li> <li>• Variety Milk</li> </ul> <p>29</p>	<ul style="list-style-type: none"> <li>• Potato and Beef Burrito</li> <li>• Refried Beans</li> <li>• Mixed Fruit Cup</li> <li>• Variety of Milk</li> </ul> <p>30</p>		

**HEALTHYINNOVATIONS**  
A Nutritional Food Service & Culinary Experience

This institution is an equal opportunity provider.

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