

# Sailorway Café



## September 2022

Full student lunch includes choice of meat or meat alternate, whole grain bread or grain, vegetable, fruit or juice choice, and milk choice (1% unflavored, skim, or fat-free flavored). <b>Students must take a 1/2c serving of a fruit or a vegetable with lunch.</b>	<b>Lunch Price: \$2.90</b> <b>Reduced Lunch: \$.40</b> <b>Adult Lunch: \$4.35</b>
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>This institution is an equal opportunity provider.</b> Menu subject to change without notice.			September 1	September 2
September 5	September 6	September 7	September 8	September 9
<b>NO SCHOOL LABOR DAY</b>	Pasta Bar - Rotini w/ Meatballs or Chicken Parmesan/Marinara WG Garlic Breadstick <i>Local Greens Garden Salad</i> Assorted Fruits or 100% Juice Choice of Milk	Macho Nachos WG corn tortilla chips, beef taco cheese sauce, lettuce, salsa Shredded lettuce, salsa, sour cream Black Beans/Asst Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Domino's Pizza Cheese or Pepperoni Assorted Fresh Veggies Baked French Fries Assorted Fruits or 100% Juice Choice of Milk	Corn Dog Assorted Fresh Veggies Baked Beans Assorted Fresh & Canned fruits Choice of Milk
September 12	September 13	September 14	September 15	September 16
Breaded Mozzarella Cheese Sticks/Marinara Steamed Broccoli Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Chicken Mashed Potato Bowl WG Roll Mashed Potatoes Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Chicken Tenders Dutch Waffle Tater Tots Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Big Daddy's Pizza Cheese or Pepperoni Baked Beans Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Creamy Macaroni & Cheese WG muffin Steamed California Veggies Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk
September 19	September 20	September 21	September 22	September 23
Bosco Cheesy Breadsticks Marinara <i>Local Greens Garden Salad</i> Assorted Fresh & Canned fruits Choice of Milk	Popcorn Chicken WG Crackers Rosemary Roasted Potatoes Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Soft Tacos WG Flour tortillas with: (Beef, Cheese, Lettuce, Salsa, S Cream) <i>Black Beans/Asst Fresh Veggies</i> Assorted Fresh & Canned fruits Choice of Milk	Domino's Pizza Cheese or Pepperoni Steamed Corn Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Hot Dog/Bun/Chilli & Cheese WG Crackers Twister Fries Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk
September 26	September 27	September 28	September 29	September 30
Salisbury Steak Soft Pretzel/Cheese Sauce Mashed Potatoes/Gravy Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Pasta Bar - Rotini w/ Meatballs or Chicken Parmesan/Marinara WG Garlic Breadstick <i>Local Greens Garden Salad</i> Assorted Fruits or 100% Juice Choice of Milk	WG Pancakes Breakfast Sausages Hash Brown Cubes Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Marco's Pizza Cheese or Pepperoni Baked French Fries Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Grilled Chicken Club Baked Beans Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk

<b>Daily Meal Choices:</b> Breaded Chicken Filet Sandwich Spicy Breaded Chicken Filet Sandwich Hamburger/Cheeseburger on Bun Cold Deli Sandwich Creamy Yogurt Parfait with Banana Bread Sunbutter Uncrustable/String Cheese/WG Crackers Assorted Lunch Salads (Chef, Chicken, Vegetarian) (made with locally grown lettuces from OHIO farms)	<b>Garden Fresh Entrée Salads:</b> (made with locally grown lettuces from OHIO farms) Salad lunches come with a fruit or juice, a warm WG breadstick, steamed veggie selection, milk choice, & dressing Monday - Chicken Parmesan Tuesday - Oriental Chicken Wednesday - Chicken BLT Thursday - BBQ Chicken Salad Friday - Chef Salad
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This café uses a variety of products that may contain an artificial sweetener.

Products may be produced in a plant that also produces milk, egg, wheat, soy, peanuts, and tree nuts.