

McGraw High School Menu

Menu Subject to Change

McGraw Central School District Is An Equal Opportunity Provider and Employer

September 2019

National Whole Grains Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day	3 No School Superintendent's Conference Day	4 Welcome Back Popcorn Chicken Baked French Fries Seasoned Carrots WG Brownie Bites	5 Personal Pan Pizza Steamed Broccoli Tossed Salad w/ Dressing Fresh Fruit	6 Chicken & Cheese Quesadilla Refried Beans Seasoned Corn Fresh Fruit
9 Chicken Rings w/ Hawaiian Roll Sweet Potato Bites BBQ Baked Beans	10 Macaroni & Cheese w/ Dinner Roll Seasoned Green Beans Sweet Green Peas Fresh Fruit	11 French Toast Bites w/ Chicken Sausage Hash Brown Patty 100% Fruit-Vegetable Juice	12 Toasted Cheese Sandwich Tomato Soup w/ Cheez-its Baby Carrots w/ Dip Fresh Fruit	13 Homemade Pizza Steamed Broccoli Tossed Salad w/ Dressing Fresh Fruit
16 Pizza Crunchers w/ Marinara Sauce Orange Glazed Carrots Seasoned Green Beans	17 Garlic Parmesan Chicken w/ Texas Toast Sweet Potato Waffle Fries Orange Medley Juice	18 Chicken & Potato w/ WG Biscuit Mashed Potatoes Corn	19 Beef Nachos w/ Seasoned Rice Black Bean & Corn Salsa Refried Beans Fresh Fruit	20 Nardone's Pizza Steamed Broccoli Tossed Salad w/ Dressing Fresh Fruit
23 Chicken Tenders w/ Dipping Sauce Baked French Fries Steamed Corn	24 Bacon Cheeseburger Sweet Potato Fries Baked Beans Fresh Fruit	25 Bacon, Egg, & Cheese Croissant Hash Brown Patty 100% Fruit-Vegetable Juice	26 Cheese Ravioli w/ Garlic Knots Steamed Green Beans Seasoned Carrot Coins	27 Homemade Pizza Steamed Broccoli Tossed Salad w/ Dressing Fresh Fruit
30 BBQ Rib Sandwich Baked Beans Tater Tots	<p>Available with All Lunches</p> <p>Assorted Fruit Cups Milk Choice</p>			

Available Daily
A variety of ...
Pizzas,
Fresh Chef salads Assorted sandwiches and wraps.
Burgers and Chicken

PB & J and Yogurt Meal also available

All students are provided

**September 5:
National Cheese Pizza Day**

**September 27:
National Chocolate Milk Day**