

# McGraw Jr./Sr. High School

Menu Subject to Change  
 McGraw School District Is an Equal Opportunity Provider  
 and Employer

# September 2022

### Second Choice:

We offer a variety of sandwiches, chef salads, and daily specials  
 PB & J and Yogurt Meal  
 Available daily

**Breakfast and Lunch are free for all students**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Available with All Lunches</b>                      Assorted Fruit Cups                      Milk Choice</p>			<p>1  <b>Welcome Back</b></p>	<p>2                      No School</p>
<p>5  <b>Labor Day</b>                      No School</p>	<p>6                      Popcorn Chicken &amp; Dipping Sauce w/ Corn Muffin                      Sweet Potato Fries                      Sweet Corn                      Fresh Fruit</p>	<p>7                      Hamburger on Bun                      Tossed Salad w/ Dressing                      Seasoned Green Beans</p>	<p>8                      French Toast Sticks w/ Chicken Sausage                      100% Fruit/Vegetable Juice                      Hash Brown Patty                      Fresh Fruit</p>	<p>9                      Stuffed Crust Pizza                      Tossed Salad w/ Dressing                      Steamed Broccoli                      Fresh Fruit</p>
<p>12                      Ham &amp; Cheese Bagel Melt                      Potato Gems                      Seasoned Carrot Coins</p>	<p>13                      Calzone Meat or Cheese                      Tossed Salad w/ Dressing                      Seasoned Green Beans                      Fresh Fruit</p>	<p>14                      Chicken Patty Sandwich                      BBQ Baked Beans                      Sweet Potato Gems</p>	<p>15                      Buffalo Hot Wings                      Chicken over Brown Rice                      Vegetable Egg Roll                      Stir Fry Veggies                      Fresh Fruit</p>	<p>16                      Homemade Pizza                      Tossed Salad w/ Dressing                      Steamed Broccoli                      Fresh Fruit</p>
<p>19                      Chicken Tenders w/ Dipping Sauce                      Sweet Potato Fries                      Seasoned Green Beans</p>	<p>20                      Waffles w/ Chicken Sausage                      100% Fruit/Vegetable Juice                      Rosemary Roasted Potatoes                      Fresh Fruit</p>	<p>21                      Pizza Crunchers w/ Marinara Sauce                      Tossed Salad w/ Dressing                      Seasoned Carrots</p>	<p>22                      Walking Taco w/ Lettuce &amp; Cheese                      Seasoned Brown Rice                      Refried Beans                      Seasoned Corn                      Fresh Fruit</p>	<p>23                      Pizza Dippers                      Tossed Salad w/ Dressing                      Steamed Broccoli                      Fresh Fruit</p>
<p>26                      Mandarin Orange Chicken Bowl                      Fresh Broccoli w/ Dip                      Seasoned Carrots</p>	<p>27                      Mike's Cheesy Bites w/ Marinara Sauce                      Tossed Salad w/ Dressing                      Seasoned Green Beans                      Fresh Fruit</p>	<p>28                      Quesadilla's                      Refried Beans                      Seasoned Corn                      Fresh Fruit</p>	<p>29                      Ham and Cheese Bagel Melt                      Baby Carrots w/ Dip                      Steamed Corn                      Fresh Fruit</p>	<p>30                      Stuffed Crust Pizza                      Tossed Salad w/ Dressing                      Steamed Broccoli                      Fresh Fruit</p>