

September 2019

Biggs/ Richvale Elementary

LUNCH



Biggs Elementary School
300 B Street, Biggs, CA. 95917
530-868-1281



Nutrition Tip: With September being Whole Grains month try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

No School

2

**Chicken Nuggets & Green beans.
Green Salad
Fruit & Veggie bar**

3

**Corn Dogs & French Fries, Green Salad
Fruit & Veggie Bar**

4

**BBQ Hamburgers & Hot Dogs, potato salad & Watermelon, Green Salad
Fruit & Veggie Bar**

5

**Pizza Pocket & Green peas, Green Salad
Fruit & Veggie Bar**

6

**Ham Sandwich & Baked Chips
Green Salad, Fruit & veggie Bar**

9

**Beef Taco, w/ Beans & Taco Bar, Chips & Salsa
Green Salad
Fruit & Veggie Bar**

10

**Mini Corn Dogs & Tater Tots, Green Salad
Fruit & Veggie Bar**

11

**Hamburgers & French Fries
Green Salad, Fruit & Veggie Bar**

13

**Peperoni Pizza & Carrots, Green Salad
Fruit & Veggie Bar**

12

**PB&J, String Cheese & Goldfish Crackers
Green Salad, Fruit & Veggie Bar**

16

**Burritos, Chips & Salsa
Green Salad, Fruit & Veggie Bar**

17

**Chicken Sandwiches & Sweet Potato Fries
Green Salad, Fruit & Veggie Bar**

18

Chicken Tornado, Baked beans, Fresh fruit & Veggie Bar

19

**Hot Dog & Chili, Fritos
Green Salad, Fruit & Veggie bar**

20

**Cheese Pizza & Green Beans, Green Salad
Fruit & Veggie Bar**

23

**Chicken Tacos w/Beans Taco bar, Chips & Salsa,
Green Salad
Fruit & Veggie Bar**

24

**Sloppy Joe Sandwich & Coleslaw
Green Salad, Fruit & Veggie Bar**

25

**Chicken Nuggets & Green Beans
Green Salad
Fruit & Veggie**

26

**Mac N Cheese & a Bread Stick
Green Salad
Fruit & Veggie Bar**

27

**BBQ Chicken Sandwich & Coleslaw
Green Salad, Fruit & Veggie Bar**

30

