

September 2020 DISTANCE LEARNING MEALS Liberty Union HSD

LUNCH



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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

All meals come with: milk, side salad and fruit

Tuesday

Peanut Butter and Jelly 1

Wednesday

French Bread Pizza 2

Thursday

Bean and Cheese Burrito 3

Friday

Turkey Pizza Pocket 4

HOLIDAY 7

Peanut Butter and Jelly 8

French Bread Pizza 9

Bean and Cheese Burrito 10

Turkey Pizza Pocket 11

Cheeseburger Sliders 14

Peanut Butter and Jelly 15

French Bread Pizza 16

Bean and Cheese Burrito 17

Turkey Pizza Pocket 18

Cheeseburger Sliders 21

Peanut Butter and Jelly 22

French Bread Pizza 23

Bean and Cheese Burrito 24

Turkey Pizza Pocket 25

Cheeseburger Sliders 28

Peanut Butter and Jelly 29

French Bread Pizza 30

