

September 2016

Herculaneum High Lunch

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know...

Shakespeare did not mention
September in any of his plays?

5

No School
Labor Day

6

BBQ Rib Sandwich
French Fries
Assorted Fruit

7

Ham & Cheese on Pretzel
Bun
Or
Toasted Cheese on Pretzel
Bun
Baked Beans
Assorted Fruit

1

Spaghetti w/ Meatsauce
Warm Dinner Roll
Steamed Broccoli
Assorted Fruit

2

Dominos Pizza
(Sausage, Cheese, or
Pepperoni)
Seasoned Green Beans
Assorted Fruit

Early Release Day!

12

Country Fried Steak
Dinner Roll
Mashed Potatoes & Gravy
Golden Corn
Assorted Fruit

13

Chicken & Noodles
Breadstick
Pea & Carrot Medley
Assorted Fruit

14

Pepper Jack Cheese
Enchiladas
Brown Rice
Black Bean Salad
Assorted Fruit

15

Pork Roast w/ Warm
Dinner Roll
Mashed Potatoes & Gravy
Golden Corn
Assorted Fruit

16

Dominos Pizza
(Sausage, Cheese, or
Pepperoni)
Golden Corn
Assorted Fruit

19

Chicken Alfredo w/ Warm
Dinner Roll
Seasoned Green Beans
Assorted Fruit

20

Beef Nachos w/ Queso
Cheese
Refried Beans
Salsa
Assorted Fruit

21

Teriyaki Chicken
Brown Rice
Egg Roll
Steamed Broccoli
Assorted Fruit

22

Pulled Pork Sandwich
French Fries
Assorted Fruit

23

Dominos Pizza
(Sausage, Cheese, or
Pepperoni)
Steamed Carrots
Assorted Fruit

26

No School

27

Oven Roasted Chicken
Warm Dinner Roll
Butter Noodles
Baked Beans
Assorted Fruit

28

Meatball Sub
Rotini Marinara
Steamed Broccoli
Assorted Fruit

29

Breakfast for Lunch
Pancakes
Sausage Links
Tater Tots
Assorted Fruit

30

Dominos Pizza
(Sausage, Cheese, or
Pepperoni)
Steamed Carrots
Assorted Fruit

***Menu subject to change!

Lunch includes:

- Choice of entrée
- ½ c Fruit
- ½ c Vegetable
- Grain/bread
- Choice of Cold Milk

Daily Alternate Lunch Entrée

- Cheeseburger
- Breaded Chicken Patty Sandwich
- Breaded Spicy Chicken Patty Sandwich
- Salad Bar
- Deli Bar
- Pizza (rotating variety)

Meal Prices

Student Breakfast \$0.00
Student Lunch \$2.50

Adult Breakfast \$1.60
Adult Lunch \$3.25

School News

Sept 2nd Early Release Day
Sept 5th – No School – Labor Day
Sept 26th – No School

No more worrying about lost lunch money. Pay your child's meal account online at <http://dunklin.revtrak.net>.

Help hint: deposit \$50.00 into your students account for lunch this month.

*****Every grain item is whole grain

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