



Viking Cafeteria | September Menu 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
			1	2	3	Weekly Salad Bar	
			Classic Salisbury Steak Mashed Potatoes Buttered Corn Baked Roll Applesauce	Grilled Chicken Mac 'n Cheese Green Beans Fruit Cocktail	Homemade Pizza Mixed Vegetables Peaches Fresh Baked Cookie	Spinach Salad Bacon, Egg, Cheddar Cheese Tomato, Cucumber Croutons Choice of Dressing	
	6	7	8	9	10	Weekly Salad Bar	
	Labor Day	French Toast Sticks Scrambled Eggs Sausage Links Pears	Baked Ziti Broccoli Breadstick Applesauce	BBQ Pork Riblette Baked Beans Buttered Corn Fruit Cocktail	Homemade Pizza Mixed Vegetables Peaches Fresh Baked Cookie	Chef Salad Turkey, Cheese, Egg Tomatoes, Cucumber Choice of Dressing	
	13	14	15	16	17	Weekly Salad Bar	
	Cheeseburger French Fries Buttered Carrots Pineapple	Roasted Turkey Mashed Potatoes & Gravy Steamed Peas Baked Roll Pears	Spaghetti with Meatballs Broccoli Breadstick Applesauce	Chicken Nuggets Sweet Potato Fries Buttered Corn Fruit Cocktail	Homemade Pizza Mixed Vegetables Peaches Fresh Baked Cookie	Southwest Salad Black Beans, Corn Cheese, Tomatoes Red Onion, Tortilla Strips Chipotle Ranch Dressing	
	20	21	22	23	24	Weekly Salad Bar	
	Chicken Patty Sandwich Tater Tots Buttered Carrots Pineapple	Homemade Meatloaf Rice Green Beans Baked Roll Pears	Chicken Parmesan Spaghetti Broccoli Breadstick Applesauce	Fish & Chips Battered Cod French Fries Steamed Peas Fruit Cocktail	Homemade Pizza Mixed Vegetables Peaches Fresh Baked Cookie	Chicken Caesar Salad Grilled Chicken, Romaine Tomatoes, Parmesan Croutons Caesar Dressing	
	27	28	29	30		Weekly Salad Bar	
	Homemade Sloppy Joes Tater Tots Buttered Carrots Pineapple	Southern Fried Chicken Mashed Potatoes & Gravy Steamed Peas Baked Roll Pears	Chicken Alfredo Broccoli Breadstick Applesauce	Beef Tacos Rice Black Beans/Corn Churros Fruit Cocktail		Chef Salad Turkey, Cheese, Egg Tomatoes, Cucumber Choice of Dressing	
	Daily A La Carte Item (3rd-12th)						
	Deli sandwich or PB & J Meal Chips, Carrot Sticks, Fruit (Always Available for K4-12)	All meal options include choice of one (8 oz.) milk or (8 oz.) water					Allergy Alert! Items in this cafeteria are prepared where wheat, nuts and soy are present and may come in contact with food!