

# SEPTEMBER 2023

## Lyncourt UPK-8 School Lunch Menu

Menu Subject to Change

Lyncourt is an Equal Opportunity Provider and Employer

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### DID YOU KNOW

The name September comes from the Latin septem, meaning seven, since it was the seventh month of the Roman calendar, which began with March. There are 30 days in the month of September, which starts on the same day of the week as December each year but does not end on the same day of the week as any other month in the year.

**1**  
Good Bye  
Summer !

**4**  
Labor  
Day

**5**  
Superintendent's  
Conference Day  
No School

**6**  
Bacon  
Cheeseburger  
Baked French Fries  
Steamed Corn  
Fresh Apple

**7**  
Homemade Mac  
and Cheese  
Steamed Broccoli  
Texas Toast  
Mixed Fruit Cup

**8**  
Big Daddy's Cheese  
Pizza  
Romaine Garden  
Salad  
Green Beans  
Bananas

**11**  
Brunch for Lunch  
Buttermilk Pancakes  
Turkey Bacon  
Cheesy Scrambled  
Eggs  
Dragon Juice  
Fruit

**12**  
Walking Beef Taco  
Lettuce, Tomato,  
Cheese Cups  
Seasoned Rice  
Corn Salsa  
Fresh Fruit

**13**  
Homemade Pizza  
Romaine Garden  
Salad  
Steamed Carrots  
Fresh Fruit

**14**  
Orange Chicken  
Steamed Rice  
Asian Vegetables  
Fresh Fruit Cup

**15**  
Fish Sandwich  
On a Whole Grain  
Roll  
Oven Fries  
Fresh Cole Slaw  
Fresh Fruit

**18**  
Italian Meatball  
Sub Sandwich  
Sweet Potato Fries  
Seasoned Green  
Beans  
Fruit Cup

**19**  
Chicken Potato Bowl  
w/ Mashed  
Potatoes, Gravy  
Seasoned Corn  
Dinner Roll  
Fruit Cup

**20**  
Homemade Pizza  
Romaine Garden  
Salad  
Steamed Carrots  
Fresh Fruit

**21**  
\*New Menu Item  
Beef Taco Pie  
Mini Corn Bread  
Steamed Corn  
Fruit Cup

**22**  
Lyncourt Lunchable  
Make your own  
Pizza, with Cheese  
and Marinara Sauce  
Baby Carrots  
Grapes

**25**  
Biscuit and Egg  
Sandwich with  
Cheese & Sausage  
Seasoned  
Homefries  
Fruit Cup

**26**  
Turkey Hot Dog  
On a WG Roll  
Vegetarian Baked  
Beans  
Tater Tots  
Seasoned Corn  
Fruit Cup

**27**  
Homemade Pizza  
Romaine Garden  
Salad  
Baby Carrots with  
Ranch Dip  
Fresh Fruit

**28**  
Rotini Pasta with  
Meat Sauce  
Garlic Bread Stick  
Romaine Garden  
Salad  
Fresh Fruit

**29**  
Deli Sandwich with  
Roasted Turkey and  
Cheese, Lettuce and  
Tomatoes  
Tomato Cucumber  
Salad  
Scooby Snacks

Available daily

Hot Dog Meal  
or  
PBJ Sandwich Meal

Visit our website to  
print an application  
and to  
view menus.

Available with All  
Lunches

Fresh Fruit  
Assorted Fruit Cups  
Milk Choice