



Entrées are scratch cooked and assembled locally. The LunchMaster has been family owned and operated for over 30 years.  
 All natural, hormone, antibiotic & nitrate free meats    No trans fats    Reduced sugars    High in whole grains

# September 2016 Lunch Menu

Mon	Tue	Wed	Thu	Fri
5. NO MEAL SERV. 12. CORN DOG CHICKEN THREE BEAN CHILI HOMEMADE MAC AND CHEESE TURKEY & CHEDDAR SANDWICH 19. BBQ CHICKEN DRUMSTICK HAMBURGER ELBOWS W/ MARINARA & CHZ TURKEY & CHEDDAR SANDWICH 26. BBQ CHICKEN PASTA FISH STICKS, RICE PILAF PENNE W/ BUTTER & CHEESE SUNBUTTER & JELLY SANDWICH	6. STREET TACOS CARNE ASADA CHEESE ENCHILADAS CHICKEN NUGGETS W/ 13. BLACK BEAN & VEGGIE BURRITO MELTED CHEESE SANDWICH CHICKEN NUGGETS W/ SPAGHETTI 20. CHICKEN FAJITA BOWL SOUTHW. BREAKFAST BURRITO PEPPERONI MOZZARELLA ROLL UP CHICKEN CAESAR SALAD, 27. NACHO BURGER MEXICAN CHILI & CORN-BREAD CHICKEN NUGGETS W/ RO-TINI HAM AND SWISS ON A ROLL	7. PULLED PORK ON BUN BREAKFAST PLATTER (V) HAM AND SWISS ON A BAGEL CHICKEN CAESAR SALAD 14. BBQ CHICKEN ON A BUN SAUSAGE & CHS MUFFIN SANDWICH BREADED CHICKEN ON BUN SUNBUTTER & JELLY SANDWICH 21. SLOPPY JOE ON A BUN PANCAKE/ AND EGG PENNE W/ TURKEY MEATSAUCE EGG SALAD SANDWICH 28. HOLEY MOLEY SAUSAGE STROMBOLI BREADED CHICKEN ON BUN SPAGHETTI W/ BUTTER & CHEESE TURKEY & CHEDDAR SANDWICH	1. PINEAPPLE CHICKEN AND RICE FRIED RICE (VEGETARIAN) OH M Y GOSH BURGER SUNBUTTER AND JELLY 8. GREEK CHICKEN & RICE TERIYAKI CHICKEN RICE PASTA X-PLISIONI SUNBUTTER & JELLY SANDWICH 15. CHICKEN CHOW MEIN FRIED RICE (VEGETARIAN) PIZZA PASTA TURKEY BACON CHEDDAR ON CIABATTA 22. CHICKEN FRIED RICE INDIAN CHICKPEAS W/ RICE SPAGHETTI W/ BEEF MEATSAUCE SUNBUTTER & JELLY SANDWICH 29. CHICKEN POTSTICKERS PASTA PRIMAVERA PESTO CHICKEN OVER PASTA CHICKEN FAJITA WRAP	2. PEPPERONI PIZZA CHEESE PIZZA ROTINI W/BUTTER & CHEESE TURKEY & CHEDDAR SANDWICH 9. PEPPERONI PIZZA CHEESE PIZZA CHICKEN & TOMATO PIZZA BAGEL & HARD BOILED EGG 16. PEPPERONI PIZZA CHEESE PIZZA PESTO CHICKEN OVER PASTA TURKEY & CHEDDAR SANDWICH 23. PEPPERONI PIZZA CHEESE PIZZA VEGGIE SUPREME PIZZA BAGEL & HARD BOILED EGG 30. PEPPERONI PIZZA CHEESE PIZZA PENNE W/ BUTTER & CHEESE ROAST BEEF & CH CHZ



Entrées are scratch cooked and assembled locally. The LunchMaster has been family owned and operated for over 30 years.  
 All natural, hormone, antibiotic & nitrate free meats • No trans fats • Reduced sugars • High in whole grains

# September 2016 Breakfast Menu

Mon	Tue	Wed	Thu	Fri
5 PAN DULCE HONEY NUT SCOOTERS	6 BREAKFAST TACO ULTIMATE BREAKFAST ROUND YOGURT W/MUFFIN	7 BENEFIT BAR BANANA. CHOC STRAWBERRY MINI SPOONERS	1 SWEET POTATO CINNA- MON ROLL BUTTERMILK BAR HONE NUT SCOOTERS	2 CINNCAMON ROLL BAGEL W/CREAM CHEESE AND JELLY
12 PAN DULCE HONEY NUT SCOOTERS	13 SWEET POTATO CINNA- MON ROLL BUTTERMILK BAR FROSTED MINI SPOON- ERS	14 SUNBTTER AND JELLY SANDWICH HONEY NUT SCOOTERS	15 MELTED CHEESE SAND- WICH BENEFIT BAR OATMEAL CHOC STRAWBERRY MINI	16 YOGURT WITH MUFFIN FROSTED MINI SPOON- ERS
19 CINNAMON ROLL HONEY NUT SCOOTERS	20 PANCAKES AND SYRUP BREAKFAST YOGURT WITH MUFFIN FROSTED MINI SPOON- ERS	21 ULTIMATE BREAKFAST ROUND STRAWBERRY MINI SPOONERS	22 COFFE CAKE HARD BOILED EGG AND MUFFIN BLUEBERRY MINI SPOOENRS	23 BENEFIT BAR FRENCH TOAST HONE NUT SCOOTERS
26 YOGURT WITH MUFFIN HONEY NUT SCOOTERS	27 HAM AND EGG MELT BENEFIT BAR OATMEAL CHOC STRAWBERRY MINI SPOONERS	28 ULTIMATE BREAKFAST ROUND FROSTED MINI SPOON- ERS	29 SWEET POTATO CINNA- MON ROLL BUTTERMILK BAR HONEY NUT SCOOTERS	30 CINNCAMON ROLL BAGEL W/ CREAM CHEESE AND JELLY

Each entrée includes both the grain and meat / meat alt components. Additionally each entrée is accompanied by choice of fruit and / or vegetable and a choice of two types of milk to meet full requirement.