

Ephesus Academy's Lunch Menu

September 2019

Three milk options are served with meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2nd No School Labor Day Holiday</p>	<p>3rd Taco Salad Fiesta Corn Black Beans Watermelon slices</p>	<p>4th Spaghetti Corn on the Cobb Romaine Salad Grapes Dinner Roll</p>	<p>5th Mac & Cheese Collard Green Candied Yams Applesauce WGR Cornbread</p>	<p>6th Meatless Cheeseburger Fries Baked Beans Apple Slices</p>
<p>30th Chic Alfredo, Salad CA Blend Veggies Banana, Dinner Roll</p>				
<p>9th Cheese Pizza Carrot Sticks Romaine Salad Pineapple Chunks Dinner Roll</p>	<p>10th Shepherd's Pie Mashed Potatoes Salad Peaches Dinner Roll</p>	<p>11th Quesadilla Romaine Salad Pinto Beans Pineapple Chunks</p>	<p>12th Chik Stir Fry Egg Rolls Fried Rice Romaine Salad Fruit Cocktail Dinner Roll</p>	<p>13th Chik Nuggets Brown Rice w/gravy Green Beans WGR Dinner Roll</p>
<p>16th Chic Alfredo Salad CA Blend Veggies Banana Dinner Roll</p>	<p>17th Taco Salad Fiesta Corn Black Beans Watermelon slices</p>	<p>18th Spaghetti Romaine Salad Grapes Dinner Roll</p>	<p>19th Mac & Cheese Collard Green Candied Yams Applesauce WGR Cornbread</p>	<p>20th Meatless Cheeseburger Fries Baked Beans Apple Slices</p>
<p>23rd Cheese Pizza Carrot Sticks Romaine Salad Pineapple Chunks Dinner Roll</p>	<p>24th Shepherd's Pie Mashed Potatoes Salad Peaches Dinner Roll</p>	<p>25th Quesadilla Romaine Salad Pinto Beans Pineapple Chunks</p>	<p>26th Chik Stir Fry Egg Rolls Fried Rice Romaine Salad Fruit Cocktail Dinner Roll</p>	<p>27th Chik Nuggets Brown Rice w/gravy Green Beans WGR Dinner Roll</p>

Healthy Eating, Healthy Learning