

# September 2019

## Campbell High School

This Institution is an equal opportunity employer

**Monday**

**Labor Day**  
**No School**

**2**  
Greek Chicken Pita Pocket, Taziki Sauce (yogurt/cucumber), Fries, Apples

Fruit and Milk Choices

**9**  
Chicken Parm Sub, with Shredded Mozzarella, French Fries, Carrots with Dip, Peaches

Fruit and Milk Choices

**16**  
Cheese Tortellini, Breaded Chicken, Steamed Broccoli, Garlic Bread, Caesar Salad, Apple Slices

Fruit and Milk Choices

**WING BOWL**

**30**  
Boneless Wings Hand Tossed in Choice of Buffalo, or Honey BBQ Sauce, Onion Rings, Carrot/Celery Sticks, Carrots and Homemade Hummus  
Fruit and Milk Choices

**Tuesday**

**FIRST DAY OF SCHOOL!**

Mac and Cheese with BBQ Meatballs, Green Beans, Biscuit, Caesar Salad  
Fruit and Milk Choices

**3**  
Twin Hot Dogs  
Broccoli and Ranch Dip  
BBQ Baked Beans  
French Fries

Fruit and Milk Choices

**10**  
Waffle Sticks, Syrup  
Cup, Sausage Pattie,  
Hashbrowns, Blueberry Smoothie

Fruit and Milk Choices

**17**  
Beef or Chicken Walking Taco, Shredded Cheese, Shredded Lettuce, Chick Pea and Corn Salsa, Cinnamon Dinner Roll  
Fruit and Milk Choices

**Wednesday**

**4**  
General Tso's Chicken  
Vegetable Fried Rice,  
Egg Roll, Broccoli,  
Fortune Cookie,  
Pineapple

Fruit and Milk Choices

**COUGAR BOWL**  
**11**  
Chicken Nuggets,  
Mashed Potatoes,  
Steamed Broccoli, Dinner Roll, Pear Crisp  
Fruit and Milk Choices

**18**  
Pasta Bolognese,  
Sauteed Spinach, Garlic Bread, Side Salad w/dressing choice

Fruit and Milk Choices

**PARMA BOWL**  
**25**  
Chicken Nuggets,  
Mozzarella Sticks, Pasta, Marinara Sauce, Garlic Bread, Green Pepper Strips  
Fruit and Milk Choices

**Thursday**

**5**  
Beef Nachos over  
Tortilla Chips, Shredded Lettuce, salsa, shredded cheese, steamed corn

Fruit and Milk Choices

**12**  
Teryiaki Beef Dippers with Steamed Rice, Mixed Vegetables, Dinner Roll

Fruit and Milk Choices

**19**  
Grilled Cheese Panini and Tomato Soup, Goldfish Crackers, Broccoli Flourets w/Dip

Fruit and Milk Choices

**26**  
Cuban Sandwiches (pork, ham, pickles, mustard, cheese) Cucumber Slices, Parmesan Fries, Apples

Fruit and Milk Choices

**Friday**

**6**  
Stuffed Crust Pizza  
Tossed Salad,  
Watermelon Fruit Ice,  
Cherry Tomatoes

Fruit and Milk Choices

**13**  
Sal's Pizza  
Caesar Salad with Croutons, Blueberries and Cream, Green Pepper Strips  
Fruit and Milk Choices

**20**  
Cheese or Pepperoni Pizza, Garden Salad, Strawberry Fruit Ice, Cucumber Slices

Fruit and Milk Choices

**27**  
French Bread Pizza  
Caesar Salad with Croutons, Fruit Punch, Cherry Tomatoes, Blueberry Smoothie

Fruit and Milk Choices

### Alternates

**MON** Gill's Pizza  
**TUES** Crispy, Spicy or Delux Chicken Patties w/Onion Rings  
**WED** Wild Mikes Cheesy Bites w/Marinara Sauce  
**THURS** Chicken Basket  
**FRI** Meatball Sub w/Fries

Deli Bar and Premade Salads available daily!

Families may apply anytime during the school year for Free/Reduced Lunch Program at [Litchfield Free and Reduced App](http://Litchfield Free and Reduced App) or [crowley@litchfieldsd.org](mailto:crowley@litchfieldsd.org)

Menu subject to change due to product availability and school closures.

Lunch price: \$2.50,  
Reduced .40¢ Milk price .50¢ Checks should be made payable to Litchfield School District.

Parents have access and online payment options through <https://www.myschoolbucks.com>

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### Did You Know?

September was the seventh month of the original Roman calendar. This is where it got its name which means seventh. Later, when January and February were added to the calendar it became the ninth month.