

# SEPTEMBER 2022

Eastern Panhandle Preparatory  
High School – Grades 9-12

Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL  
LABOR DAY

5

Cheese Pizza  
Carrots with Ranch  
Fruit Juice  
Fruit  
Choice of Milk

6

FRENCH TOAST  
W/ SAUSAGE  
Hashbrown Potatoes  
Fresh Banana  
Apple sauce  
Choice of Milk

7

CHEESEBURGER  
Hamburger Bun  
Baked Beans  
Fresh Orange  
Fruit Cup  
Choice of Milk

8

FISH STICKS  
Dinner Roll  
Broccoli  
Fresh Baby Carrots  
Fruit  
Choice of Milk

9

Tortellini with Marinara  
Corn  
Fruit Cup  
Fruit Juice  
Choice of Milk

12

WALKING BEEF TACO  
Tortilla Chips & Salsa  
Fruit  
Sugar Cookie  
Choice of Milk

13

CHICKEN ALFREDO  
Breadstick  
Broccoli  
Carrots with ranch  
Fruit  
Choice of Milk

14

CHICKEN TENDERS  
Potato Wedges  
Green Beans  
Fruit  
Fruit Juice  
Choice of Milk

15

CHEESE PIZZA  
Tossed Salad  
Mixed Vegetables  
Fruit  
Choice of Milk

16

CHICKEN PATTY  
Hamburger Bun  
Broccoli  
Applesauce  
Choice of Milk

19

Pulled BBQ Chicken Sandwich  
Corn  
Fruit  
Choice of Milk

20

MACARONI AND CHEESE  
Green Beans  
Fruit  
Choice of Milk

21

HOT DOG ON A BUN  
Baked Beans  
Baby Carrots  
Fruit  
Choice of Milk

22

Tortellini with Marinara  
Breadstick  
Mixed Vegetables  
Fresh Banana  
Fruit Cup  
Choice of Milk

23

FISH STICKS  
Dinner Roll  
Broccoli  
Fresh Baby Carrots  
Fruit  
Choice of Milk

26

Grilled Cheese on whole grain  
Steamed Broccoli  
Fritos  
Fruit  
Choice of Milk

27

CHEESE PIZZA  
Tossed Romaine Salad  
Green Beans  
Fruit  
Choice of Milk

28

FRENCH TOAST  
W/ SAUSAGE  
Hashbrown Potatoes  
Fresh Banana  
Apple sauce  
Choice of Milk

29

WALKING BEEF TACO  
Tortilla Chips & Salsa  
Fruit  
Sugar Cookie  
Choice of Milk

30

