

Every day we offer a delicious and varied salad bar full of fruits and veggies. This accompanies our from scratch cooking methods.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>No School Labor Day</p>	<p>3</p> <p>No School Superintendent's Day</p>	<p>4</p> <p>No School Superintendent's Day</p>	<p>5</p> <p>Hamburger/Cheeseburger French Fries & All the Fixings Fruits & Veggies Milk</p>	<p>6</p> <p>Cheese Pizza Specialty Pizza Fruits & Veggies Milk</p>
<p>9</p> <p>Sticky Chicken Local Wheatberry Salad Fruits & Veggies Milk</p>	<p>10</p> <p>Chapuk's Beef Tacos Brown Rice & Toppings Fruits & Veggies Milk</p>	<p>11</p> <p>Brunch For Lunch Local Eggs, Sausage, Bacon, Homemade Muffins & Local Dirty Potatoes Fruits & Veggies Milk</p>	<p>12</p> <p>Goulash Fruits & Veggies Milk</p>	<p>13</p> <p>Cheese Pizza Specialty Pizza Fruits & Veggies Milk</p>
<p>16</p> <p>*National Guacamole Day*</p> <p>Chicken Cantina Bowl Brown Rice, Chicken, Corn, Black Beans, & Homemade Guacamole Fruits & Veggies Milk</p>	<p>17</p> <p>Pulled Pork Nachos Chips, Pork, Cheese Sauce, Roasted Peppers & Onions Fruits & Veggies Milk</p>	<p>18</p> <p>Chef's Salad Homemade Soup Fruits & Veggies Milk</p>	<p>19</p> <p>Chicken Alfredo Roasted Broccoli Fruits & Veggies Milk</p>	<p>20</p> <p>Cheese Calzone Specialty Calzone Fruits & Veggies Milk</p>
<p>23</p> <p>Homemade Lasagna & Garlic Bread Fruits & Veggies Milk</p>	<p>24</p> <p>BBQ or Plain Chicken Wrap Pasta Salad Fruits & Veggies Milk</p>	<p>25</p> <p>*National Quesadilla Day*</p> <p>Chicken Quesadillas Spanish Rice Fruits & Veggies Milk</p>	<p>26</p> <p>Baked Potato Bar Potato, Buffalo Chicken Dip, Shredded Cheese, Chips & all the Fixings Fruits & Veggies Milk</p>	<p>27</p> <p>Cheese Pizza Specialty Pizza Fruits & Veggies Milk</p>
<p>30</p> <p>*National Mulled Cider Day*</p> <p>Spaghetti & Homemade Meatballs Mulled Cider Fruits & Veggies Milk</p>				

Moriah CSD encourages all students to select a complete meal containing all 5 food components at lunch. Students must select at least 3 food components, with one of the food components being at least 1/2 cup of fruit or vegetable to constitute a reimbursable meal. Alternate choices are PB&J or Egg Salad Sandwich. All Students eat at no cost.