

# SEPTEMBER 2023

# Anchorage School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## DID YOU KNOW

The name September comes from the Latin septem, meaning seven, since it was the seventh month of the Roman calendar, which began with March. There are 30 days in the month of September, which starts on the same day of the week as December each year but does not end on the same day of the week as any other month in the year.

**1**  
Bosco Sticks  
Chicken Nuggets  
Carrots  
Fruit and Veggie Bar  
Milk

**4**  
No  
School

**5**  
Beef Taco  
Chicken Fajita  
Whole Grain Tortilla  
Spanish Rice/Refried Beans  
Fruit and Veggie Bar  
Milk

**6**  
Cheese Pizza on  
Whole Grain Crust  
Green Beans  
Fruit and Veggie Bar  
Milk

**7**  
Whole Grain Penne  
Pasta  
Meat  
Sauce/Marinara  
Breadstick  
Mixed Vegetables  
Fruit and Veggie Bar  
Milk

**8**  
Grilled Cheese  
Popcorn Chicken  
Carrots  
Fruit and Veggie Bar  
Milk

**11**  
Grandparents Lunch  
Hamburger  
Cheeseburger  
Oven Baked Fries  
Broccoli  
Fruit and Veggie Bar  
Milk

**12**  
Grandparents Lunch  
Hot Ham/Hot Roast  
Beef and Cheese on Bun  
Seasoned Black Beans  
Peas  
Fruit and Veggie Bar  
Milk

**13**  
Cheese Pizza on  
Whole Grain Crust  
Green Beans  
Fruit and Veggie Bar  
Milk

**14**  
Chicken Breast  
Tenders w/Choice of  
Asian Sauce/Eggroll  
Stir Fry  
Vegetables/Rice  
Fruit and Veggie Bar  
Milk

**15**  
OVEN FREE ENERGY  
SAVING LUNCH  
Ham Sub or Soy  
Butter and  
Jelly/Chips/Dessert  
Fruit and Veggie Bar  
Milk

**18**  
Chicken and Dumplings  
Mini Turkey Corn Dogs  
Broccoli  
Mashed Potatoes  
Whole Grain Roll  
Fruit and Veggie Bar  
Milk

**19**  
Chicken Sandwich  
Regular or Spicy  
Seasoned Pintos  
Beans  
Peas  
Fruit and Veggie Bar  
Milk

**20**  
Cheese Pizza on  
Whole Grain Crust  
Green Beans  
Fruit and Veggie Bar  
Milk

**21**  
Scrambled Eggs  
Sausage/Pancake  
Whole Grain Biscuit  
Mixed Vegetables  
Fruit and Veggie Bar  
Milk

**22**  
Grilled Chicken on  
Bun  
Chicken Teriyaki  
Carrots  
Fruit and Veggie Bar  
Milk

**25**  
Oven Fried Chicken  
Mashed  
Potatoes/Whole Grain  
Roll  
Broccoli  
Fruit and Veggie Bar  
Milk

**26**  
Hot  
Dog/Sauerkraut  
Seasoned Black  
Beans  
Peas  
Fruit and Veggie Bar  
Milk

**27**  
Cheese Pizza on  
Whole Grain Crust  
Green Beans  
Fruit and Veggie Bar  
Milk

**28**  
Beef Meatball Sub  
Turkey Corndog  
Mixed Vegetables  
Fruit and Veggie Bar  
Milk

**29**  
Bosco Sticks  
Chicken Nuggets  
Carrots  
Fruit and Veggie Bar  
Milk

**Lunch Prices**  
K-5 - \$4.75  
6-8 \$5.00  
Visitor Lunch \$5.50

A school meal is a choice of an entrée, vegetable, fruit, grain, and milk. To be a complete meal you must have 3 of the above components and one must be a fruit or veggie.

## School Info

Any questions about our school lunch program please reach out to  
**Kristy Clark**  
Kristy.clark@anchorage.kyschools.us

Parents are welcome to eat with their child any day!!