

**All Lunches FREE for
School Year 2021-2022**

**Cumberland Regional School District
Lunch Menu
September 2021**

Available Every Day: Peanut
Butter and Jelly Bento Box

**DELI – Monday - Ham & Cheese on a Kaiser/ Chef salad
Tuesday - Turkey & Cheese Hoagie/Pepperoni Bento
Wednesday - Italian Hoagie/Italian Chopped salad
Thursday - Tuna salad on a Kaiser/Chicken Caesar Salad
Friday - Chicken Caesar Wrap/Tuna Garden salad**

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6 Labor Day	7 ½ Day	8 ½ Day	9 Buffalo Chicken Nachos with Corn and Rice Fruit	10 Pizza Burger Fries Fruit
13 Sweet and Spicy Meatballs Over Rice Fruit	14 Taco Tuesday! Taco Bowl with Beef, Rice, Beans and Corn Fruit	15 Spicy Chicken Patty Hoagie with Lettuce/Tomato Fruit	16 Spaghetti Side Salad Roll Fruit	17 Cheese Quesadilla Fiesta Corn Fruit
20 Grilled Ham and Cheese Tomato Soup Fruit	21 Chicken Burrito With Rice and Black Beans Fruit	22 Chili with Meat Over Rice Fruit	23 Chicken Broccoli Alfredo Roll Fruit	24 Chili Cheese Dogs Taco Tots Fruit
27 Pepperoni Melt on Roll Side Salad Fruit	28 Loaded Beef Nachos with Corn and Rice Fruit	29 Cheeseburger Sub with Lettuce/Tomato Fruit	30 Baked Ziti Breadstick Side Salad Fruit	Menu Subject to Change

Alternative Meal:

**Monday - Chicken Patty or French Bread Pizza with Fries
Tuesday - Burger or French Bread Pizza with Fries
Wednesday - Chicken Tenders or French Bread Pizza with Fries
Thursday - Hot Dogs or French Bread Pizza with Fries
Friday - French Bread Pizza Pepperoni or Plain with Fries**