



September 2024 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED FOR LABOR DAY	3 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	4 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	5 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	6 BBQ chicken (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit
9 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Whole wheat roll* Fresh fruit	10 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	11 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	12 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	13 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
16 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	17 (V) Whole grain pizza* Garden salad Fresh fruit	18 Chicken nuggets (V) Veggie nuggets^ Potato soup Whole wheat bread/butter* Fresh fruit	19 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	20 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit
23 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	24 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	25 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	26 Chicken w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	27 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
30 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit			<i>Age-appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

(V) Vegetarian meal
 #Gluten free

*Whole grain
 ^Vegan