



September 2020 – Lunch & Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 (V) Whole grain cheese melt* Tomato alphabet soup Fresh fruit	2 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	3 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice* Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	4 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
7 Closed for Labor Day	8 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	9 (V) Whole grain pizza* Garden salad Fresh fruit	10 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	11 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
14 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	15 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	16 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy # Grated cheese Spinach salad Fresh fruit	17 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter* Fresh fruit	18 Turkey taco w/ whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit
21 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	22 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	23 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	24 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	25 (V) Lasagna Tossed salad Fresh fruit
28 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	29 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	30 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	<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.</i> <i>This institution is an equal opportunity provider</i>	~This menu is designed for children age 12+ months Age appropriate milk must be served with lunch

(V) Vegetarian meal **+Whole wheat**
#Gluten free **^Vegan**