

FALL LUNCH MENU

September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Monday, August 28 Penne Pasta Marinara Mozzarella Cheese Cucumber Salad Apple Slices	Tuesday, August 29 Turkey Meatloaf w/Gravy <i>Veggie Meatloaf w/Gravy</i> Cornbread Mashed Potatoes Pear Slices	Wednesday, August 30 Southwest Chicken <i>Southern Lentils</i> Spanish Rice Squash Medley Pineapple	Thursday, August 31 Pizza Muffins Marinara Sauce Broccoli Fruit Salad CHP	Friday, September 1 BBQ Chicken <i>BBQ Tofu</i> WG Hamburger Bun Green Beans Orange Slices
Monday, September 4 Bell & Evans Chicken Nuggets <i>Veggie Nuggets</i> WG Bread Steamed Peas Applesauce	Tuesday, September 5 Creamy Mac N Cheese Broccoli Pear Slices	Wednesday, September 6 Turkey Chili <i>Three Bean Chili</i> Shredded Cheddar Cheese Cornbread Cauliflower Melon	Thursday, September 7 WG Garlic & Herb Cheese Pizza Dipper Marinara Sauce Steamed Carrots Fruit Salad CHP	Friday, September 8 Ravioli w/Marinara Sauce Mozzarella Cheese Green Beans Apple Slices
Monday, September 11 Mojo Chicken <i>Greek Tomato Lentils</i> Herb Brown Rice Greek Cucumber Salad Orange Slices	Tuesday, September 12 Penne Mostaccioli Broccoli Pear Slices	Wednesday, September 13 Greek Chicken Sandwich w/WG Bun <i>Vegan Chicken Tenders w/Pita Bread</i> Tzaziki Sauce Roasted Potatoes Pineapple	Thursday, September 14 Turkey Sausage Patties <i>Veggie Sausage Patties</i> WG Pancakes Cauliflower Melon	Friday, September 15 WG Breaded Chicken Patty <i>Veggie Burger</i> WG Hamburger Bun Roasted Sweet Potatoes Orange Slices Ketchup Packet
Monday, September 18 Chicken Tinga Taco <i>Veggie Taco</i> Flour Tortilla Peppers & Onions Pear Slices	Tuesday, September 19 Rotini w/Tomato Cream Sauce Mozzarella Cheese Broccoli Apple Slices	Wednesday, September 20 Turkey Sloppy Joe <i>Veggie Sloppy Joe</i> WG Hamburger Bun Green Beans Melon	Thursday, September 21 Farfalle w/Creamy Chicken Alfredo Sauce <i>Farfalle w/Creamy Alfredo Sauce</i> Cucumber Slices Fruit Salad CHP	Friday, September 22 Bell & Evans Chicken Nuggets <i>Veggie Nuggets</i> WG Bread Steamed Peas Appleberry Sauce Ketchup Packet
Monday, September 25 Penne Pasta w/ Creamy Red Pepper Sauce & Mozzarella Cucumber Salad Apple Slices	Tuesday, September 26 Turkey Meatloaf w/Gravy <i>Veggie Meatloaf w/Gravy</i> Cornbread Mashed Potatoes Pear Slices	Wednesday, September 27 Southwest Chicken <i>Southern Lentils</i> Spanish Rice Squash Medley Pineapple	Thursday, September 28 Pizza Muffins Marinara Sauce Broccoli Fruit Salad CHP	Friday, September 29 BBQ Chicken <i>BBQ Tofu</i> WG Hamburger Bun Green Beans Orange Slices

WG= Whole Grain
 CHP= Cantaloupe, Honeydew, Pineapple