 January 2021 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| *Age appropriate milk must be served with lunch* | *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* |  |  | **1**CLOSED FOR NEW YEARS DAY |
| **4**Power veggie beef & chicken stew(V) Black bean tortilla soup^Spinach salad Whole wheat bread/butter\*Fresh fruit  | **5**Turkey meatloaf (V) French lentils w/ thyme^Mashed sweet potatoes Whole wheat bread/butter\*Fresh fruit  | **6**Dirty brown rice with beef\*(V) Dirty brown rice^Apple coleslawFresh fruit  | **7**Bean, corn, & chicken quesadilla(V) Bean, corn & cheese quesadillaWith whole wheat tortilla \*Green BeansFresh fruit  | **8**(V) Lasagna Tossed saladFresh fruit  |
| **11**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **12**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole wheat bread/butter\*Fresh fruit  | **13**(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | **14**Hamburger slider(V) Black bean burger #^Bean medley\*Whole wheat roll Fresh fruit  | **15**BBQ chicken leg(V) Mushroom stroganoff ^California blend vegetables \*Whole wheat bread/butter Fresh fruit |
| **18**CLOSED FOR MLK JR DAY | **19**Turkey sloppy joe (V) Vegetarian sloppy joe ^Corn & edamame\*Whole wheat roll Fresh fruit  | **20**(V) Whole grain cheese melt \*Tomato alphabet soup Fresh fruit  | **21**Maryland-style chicken(V) Broccoli & cheddar quinoa w/brown rice \*Sugar snaps & carrots\*Whole wheat bread/butter Fresh fruit  | **22**(V) Whole wheat macaroni & cheese\*Mixed vegetables Fresh fruit  |
| **25**Whole wheat Turk-a-roni\* (V) White bean mushroom soup^Grated cheese Southwest salad Fresh fruit  | **26**(V) Whole grain pizza\*Garden saladFresh fruit  | **27**Chicken patty Tuscan bean and garlic soup(V) Veggie nuggetsWhole wheat bread/butter\*Fresh fruit  | **28**(V) Spinach manicottiWinter blend vegetablesWhole wheat bread/butter\*Fresh fruit | **29**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 February 2021 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **1**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh fruit  | **2**(V) Quiche Peas Whole wheat bread/butter\*Fresh fruit  | **3**Spaghetti & meat sauce\* (V) Spaghetti & tomato sauce w/ soy #^Grated cheese Spinach saladFresh fruit  | **4**Chicken leg w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole wheat bread/butter \*Fresh fruit  | **5**Turkey taco w/whole wheat Tortilla\*(V) Beans & brown rice burrito\*^Corn Grated cheese Fresh fruit |
| **8**Power veggie beef & chicken stew(V) Black bean tortilla soup^Spinach salad Whole wheat bread/butter\*Fresh fruit  | **9**Turkey meatloaf (V) French lentils w/ thyme^Mashed sweet potatoes Whole wheat bread/butter\*Fresh fruit  | **10**Dirty brown rice with beef\*(V) Dirty brown rice^Apple coleslawFresh fruit  | **11**Bean, corn, & chicken quesadilla(V) Bean, corn & cheese quesadillaWith whole wheat tortilla \*Green BeansFresh fruit  | **12**(V) Lasagna Tossed saladFresh fruit  |
| **15**CLOSED FOR PRESIDENTS DAY | **16**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **17**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole wheat bread/butter\*Fresh fruit | **18** (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | **19**Hamburger slider(V) Black bean burger #^Bean medley\*Whole wheat roll Fresh fruit |
| **22**Turkey sloppy joe (V) Vegetarian sloppy joe ^Corn & edamame\*Whole wheat roll Fresh fruit  | **23**(V) Whole grain cheese melt \*Tomato alphabet soup Fresh fruit  | **24**Shepherd’s Pie(V) Chickpea curry with potatoes^Pineapple/mango coleslaw\*Whole wheat bread/butterFresh fruit | **25**Maryland-style chicken(V) Broccoli & cheddar quinoa w/brown rice \*Sugar snaps & carrots\*Whole wheat bread/butter Fresh fruit  | **26**(V) Whole wheat macaroni & cheese\*Mixed vegetables Fresh fruit  |
| *Age appropriate milk must be served with lunch* | *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* |  |  |  |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 March 2021 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **1**Whole wheat Turk-a-roni\* (V) White bean mushroom soup^Grated cheese Southwest salad Fresh fruit  | **2**(V) Whole grain pizza\*Garden saladFresh fruit  | **3**Chicken nuggets (V) Veggie nuggetsPotato soup Whole wheat bread/butter\*Fresh fruit  | **4**(V) Spinach manicottiWinter blend vegetablesWhole wheat bread/butter\*Fresh fruit | **5**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit |
| **8**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh fruit  | **9**(V) Broccoli Quiche Peas Whole wheat bread/butter\*Fresh fruit  | **10**Spaghetti & meat sauce\* (V) Spaghetti & tomato sauce w/ soy #^Grated cheese Spinach saladFresh fruit  | **11**Chicken leg w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole wheat bread/butter \*Fresh fruit  | **12**Turkey taco w/whole wheat Tortilla\*(V) Beans & brown rice burrito\*^Corn Grated cheese Fresh fruit |
| **15**Power veggie beef & chicken stew(V) Black bean tortilla soup^Spinach salad Whole wheat bread/butter\*Fresh fruit  | **16**Turkey meatloaf (V) French lentils w/ thyme^Mashed sweet potatoes Whole wheat bread/butter\*Fresh fruit  | **17**Dirty brown rice with beef\*(V) Dirty brown rice^Apple coleslawFresh fruit  | **18**Bean, corn, & chicken quesadilla(V) Bean, corn & cheese quesadillaWith whole wheat tortilla \*Green BeansFresh fruit  | **19**(V) Lasagna Tossed saladFresh fruit  |
| **22**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **23**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole wheat bread/butter\*Fresh fruit  | **24**(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | **25**Hamburger slider(V) Black bean burger #^Bean medley\*Whole wheat roll Fresh fruit  | **26**BBQ chicken leg(V) Mushroom stroganoff ^California blend vegetables \*Whole wheat bread/butter Fresh fruit |
| **29**Turkey sloppy joe (V) Vegetarian sloppy joe ^Corn & edamame\*Whole wheat roll Fresh fruit  | **30**(V) Whole grain cheese melt \*Tomato alphabet soup Fresh fruit  | **31**Shepherd’s Pie(V) Chickpea curry with potatoes^Pineapple/mango coleslaw\*Whole wheat bread/butterFresh fruit | *Age appropriate milk must be served with lunch* | *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* |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 April 2021 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| *Age appropriate milk must be served with lunch* | *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* |  | **1**Maryland-style chicken(V) Broccoli & cheddar quinoa w/brown rice \*Sugar snaps & carrots\*Whole wheat bread/butter Fresh fruit  | **2**(V) Whole wheat macaroni & cheese\*Mixed vegetables Fresh fruit  |
| **5**Whole wheat Turk-a-roni\* (V) White bean mushroom soup^Grated cheese Southwest salad Fresh fruit  | **6**(V) Whole grain pizza\*Garden saladFresh fruit  | **7**Chicken patty Tuscan bean and garlic soup(V) Veggie nuggetsWhole wheat bread/butter\*Fresh fruit  | **8**(V) Spinach manicottiWinter blend vegetablesWhole wheat bread/butter\*Fresh fruit | **9**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit |
| **12**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh fruit  | **13**(V) Quiche Peas Whole wheat bread/butter\*Fresh fruit  | **14**Spaghetti & meat sauce\* (V) Spaghetti & tomato sauce w/ soy #^Grated cheese Spinach saladFresh fruit  | **15**Chicken leg w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole wheat bread/butter \*Fresh fruit  | **16**Turkey taco w/whole wheat Tortilla\*(V) Beans & brown rice burrito\*^Corn Grated cheese Fresh fruit |
| **19**Power veggie beef & chicken stew(V) Black bean tortilla soup^Spinach salad Whole wheat bread/butter\*Fresh fruit  | **20**Turkey meatloaf (V) French lentils w/ thyme^Mashed sweet potatoes Whole wheat bread/butter\*Fresh fruit  | **21**Dirty brown rice with beef\*(V) Dirty brown rice^Apple coleslawFresh fruit  | **22**Bean, corn, & chicken quesadilla(V) Bean, corn & cheese quesadillaWith whole wheat tortilla \*Green BeansFresh fruit  | **23**(V) Lasagna Tossed saladFresh fruit  |
| **26**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **27**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole wheat bread/butter\*Fresh fruit  | **28**(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | **29**Hamburger slider(V) Black bean burger #^Bean medley\*Whole wheat roll Fresh fruit  | **30**BBQ chicken leg(V) Mushroom stroganoff ^California blend vegetables \*Whole wheat bread/butter Fresh fruit |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 May 2021 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **3**Turkey sloppy joe (V) Vegetarian sloppy joe ^Corn & edamame\*Whole wheat roll Fresh fruit  | **4**(V) Whole grain cheese melt \*Tomato alphabet soup Fresh fruit  | **5**Shepherd’s Pie(V) Chickpea curry with potatoes^Pineapple/mango coleslaw\*Whole wheat bread/butterFresh fruit | **6**Maryland-style chicken(V) Broccoli & cheddar quinoa w/brown rice \*Sugar snaps & carrots\*Whole wheat bread/butter Fresh fruit  | **7**(V) Whole wheat macaroni & cheese\*Mixed vegetables Fresh fruit  |
| **10**Whole wheat Turk-a-roni\* (V) White bean mushroom soup^Grated cheese Southwest salad Fresh fruit  | **11**(V) Whole grain pizza\*Garden saladFresh fruit  | **12**Chicken nuggets (V) Veggie nuggetsPotato soup Whole wheat bread/butter\*Fresh fruit  | **13**(V) Spinach manicottiWinter blend vegetablesWhole wheat bread/butter\*Fresh fruit | **14**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit |
| **17**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh fruit  | **18**(V) Broccoli Quiche Peas Whole wheat bread/butter\*Fresh fruit  | **19**Spaghetti & meat sauce\* (V) Spaghetti & tomato sauce w/ soy #^Grated cheese Spinach saladFresh fruit  | **20**Chicken leg w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole wheat bread/butter \*Fresh fruit  | **21**Turkey taco w/whole wheat Tortilla\*(V) Beans & brown rice burrito\*^Corn Grated cheese Fresh fruit |
| **24**Power veggie beef & chicken stew(V) Black bean tortilla soup^Spinach salad Whole wheat bread/butter\*Fresh fruit  | **25**Turkey meatloaf (V) French lentils w/ thyme^Mashed sweet potatoes Whole wheat bread/butter\*Fresh fruit  | **26**Dirty brown rice with beef\*(V) Dirty brown rice^Apple coleslawFresh fruit  | **27**Bean, corn, & chicken quesadilla(V) Bean, corn & cheese quesadillaWith whole wheat tortilla \*Green BeansFresh fruit  | **28**(V) Lasagna Tossed saladFresh fruit  |
| **31**CLOSED FOR MEMORIAL DAY |  |  | *Age appropriate milk must be served with lunch* | *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* |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 June 2021 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | **1**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **2**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole wheat bread/butter\*Fresh fruit | **3**(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | **4**Hamburger slider(V) Black bean burger #^Bean medley\*Whole wheat roll Fresh fruit |
| **7**Turkey sloppy joe (V) Vegetarian sloppy joe ^Corn & edamame\*Whole wheat roll Fresh fruit  | **8**(V) Whole grain cheese melt \*Tomato alphabet soup Fresh fruit  | **9**Shepherd’s Pie(V) Chickpea curry with potatoes^Pineapple/mango coleslaw\*Whole wheat bread/butterFresh fruit | **10**Maryland-style chicken(V) Broccoli & cheddar quinoa w/brown rice \*Sugar snaps & carrots\*Whole wheat bread/butter Fresh fruit  | **11**(V) Whole wheat macaroni & cheese\*Mixed vegetables Fresh fruit  |
| **14**Whole wheat Turk-a-roni\* (V) White bean mushroom soup^Grated cheese Southwest salad Fresh fruit  | **15**(V) Whole grain pizza\*Garden saladFresh fruit  | **16**Chicken patty Tuscan bean and garlic soup(V) Veggie nuggetsWhole wheat bread/butter\*Fresh fruit  | **17**(V) Spinach manicottiWinter blend vegetablesWhole wheat bread/butter\*Fresh fruit | **18**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit |
| **21**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh fruit  | **22**(V) Quiche Peas Whole wheat bread/butter\*Fresh fruit  | **23**Spaghetti & meat sauce\* (V) Spaghetti & tomato sauce w/ soy #^Grated cheese Spinach saladFresh fruit  | **24**Chicken leg w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole wheat bread/butter \*Fresh fruit  | **25**Turkey taco w/whole wheat Tortilla\*(V) Beans & brown rice burrito\*^Corn Grated cheese Fresh fruit |
| **28**Power veggie beef & chicken stew(V) Black bean tortilla soup^Spinach salad Whole wheat bread/butter\*Fresh fruit  | **29**Turkey meatloaf (V) French lentils w/ thyme^Mashed sweet potatoes Whole wheat bread/butter\*Fresh fruit  | **30**Dirty brown rice with beef\*(V) Dirty brown rice^Apple coleslawFresh fruit  | *Age appropriate milk must be served with lunch* | *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* |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 July 2021 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| *Age appropriate milk must be served with lunch* | *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* |  | **1**Bean, corn, & chicken quesadilla(V) Bean, corn & cheese quesadillaWith whole wheat tortilla \*Green BeansFresh fruit  | **2**(V) Lasagna Tossed saladFresh fruit  |
| **5**CLOSED FOR INDEPENDENCE DAY | **6**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **7**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole wheat bread/butter\*Fresh fruit | **8**(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit  | **9**Hamburger slider(V) Black bean burger #^Bean medley\*Whole wheat roll Fresh fruit |
| **12**Turkey sloppy joe (V) Vegetarian sloppy joe ^Corn & edamame\*Whole wheat roll Fresh fruit  | **13**(V) Whole grain cheese melt \*Tomato alphabet soup Fresh fruit  | **14**Shepherd’s Pie(V) Chickpea curry with potatoes^Pineapple/mango coleslaw\*Whole wheat bread/butterFresh fruit | **15**Maryland-style chicken(V) Broccoli & cheddar quinoa w/brown rice \*Sugar snaps & carrots\*Whole wheat bread/butter Fresh fruit  | **16**(V) Whole wheat macaroni & cheese\*Mixed vegetables Fresh fruit  |
| **19**Whole wheat Turk-a-roni\* (V) White bean mushroom soup^Grated cheese Southwest salad Fresh fruit  | **20**(V) Whole grain pizza\*Garden saladFresh fruit  | **21**Chicken nuggets (V) Veggie nuggetsPotato soup Whole wheat bread/butter\*Fresh fruit  | **22**(V) Spinach manicottiWinter blend vegetablesWhole wheat bread/butter\*Fresh fruit | **23**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit |
| **26**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh fruit  | **27**(V) Broccoli Quiche Peas Whole wheat bread/butter\*Fresh fruit  | **28**Spaghetti & meat sauce\* (V) Spaghetti & tomato sauce w/ soy #^Grated cheese Spinach saladFresh fruit  | **29**Chicken leg w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole wheat bread/butter \*Fresh fruit  | **30**Turkey taco w/whole wheat Tortilla\*(V) Beans & brown rice burrito\*^Corn Grated cheese Fresh fruit |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 August 2021 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **2**Power veggie beef & chicken stew(V) Black bean tortilla soup^Spinach salad Whole wheat bread/butter\*Fresh fruit  | **3**Turkey meatloaf (V) French lentils w/ thyme^Mashed sweet potatoes Whole wheat bread/butter\*Fresh fruit  | **4**Dirty brown rice with beef\*(V) Dirty brown rice^Apple coleslawFresh fruit  | **5**Bean, corn, & chicken quesadilla(V) Bean, corn & cheese quesadillaWith whole wheat tortilla \*Green BeansFresh fruit  | **6**(V) Lasagna Tossed saladFresh fruit  |
| **9**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **10**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole wheat bread/butter\*Fresh fruit  | **11**(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | **12**Hamburger slider(V) Black bean burger #^Bean medley\*Whole wheat roll Fresh fruit  | **13**BBQ chicken leg(V) Mushroom stroganoff ^California blend vegetables \*Whole wheat bread/butter Fresh fruit |
| **16**Turkey sloppy joe (V) Vegetarian sloppy joe ^Corn & edamame\*Whole wheat roll Fresh fruit  | **17**(V) Whole grain cheese melt \*Tomato alphabet soup Fresh fruit  | **18**Shepherd’s Pie(V) Chickpea curry with potatoes^Pineapple/mango coleslaw\*Whole wheat bread/butterFresh fruit | **19**Maryland-style chicken(V) Broccoli & cheddar quinoa w/brown rice \*Sugar snaps & carrots\*Whole wheat bread/butter Fresh fruit  | **20**(V) Whole wheat macaroni & cheese\*Mixed vegetables Fresh fruit  |
| **23**Whole wheat Turk-a-roni\* (V) White bean mushroom soup^Grated cheese Southwest salad Fresh fruit  | **24**(V) Whole grain pizza\*Garden saladFresh fruit  | **25**Chicken patty Tuscan bean and garlic soup(V) Veggie nuggetsWhole wheat bread/butter\*Fresh fruit  | **26**(V) Spinach manicottiWinter blend vegetablesWhole wheat bread/butter\*Fresh fruit | **27**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit |
| **30**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh fruit  | **31**(V) Quiche Peas Whole wheat bread/butter\*Fresh fruit  |  | *Age appropriate milk must be served with lunch* | *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* |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 September 2021 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| *Age appropriate milk must be served with lunch* | *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* | **1**Spaghetti & meat sauce\* (V) Spaghetti & tomato sauce w/ soy #^Grated cheese Spinach saladFresh fruit  | **2**Chicken leg w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole wheat bread/butter \*Fresh fruit  | **3**Turkey taco w/whole wheat Tortilla\*(V) Beans & brown rice burrito\*^Corn Grated cheese Fresh fruit |
| **6**CLOSED FOR LABOR DAY | **7**Power veggie beef & chicken stew(V) Black bean tortilla soup^Spinach salad Whole wheat bread/butter\*Fresh fruit   | **8**Turkey meatloaf (V) French lentils w/ thyme^Mashed sweet potatoes Whole wheat bread/butter\*Fresh fruit | **9**Dirty brown rice with beef\*(V) Dirty brown rice^Apple coleslawFresh fruit | **10**(V) Lasagna Tossed saladFresh fruit  |
| **13**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **14**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole wheat bread/butter\*Fresh fruit  | **15**(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | **16**Hamburger slider(V) Black bean burger #^Bean medley\*Whole wheat roll Fresh fruit  | **17**BBQ chicken leg(V) Mushroom stroganoff ^California blend vegetables \*Whole wheat bread/butter Fresh fruit |
| **20**Turkey sloppy joe (V) Vegetarian sloppy joe ^Corn & edamame\*Whole wheat roll Fresh fruit  | **21**(V) Whole grain cheese melt \*Tomato alphabet soup Fresh fruit  | **22**Shepherd’s Pie(V) Chickpea curry with potatoes^Pineapple/mango coleslaw\*Whole wheat bread/butterFresh fruit | **23**Maryland-style chicken(V) Broccoli & cheddar quinoa w/brown rice \*Sugar snaps & carrots\*Whole wheat bread/butter Fresh fruit  | **24**(V) Whole wheat macaroni & cheese\*Mixed vegetables Fresh fruit  |
| **27**Whole wheat Turk-a-roni\* (V) White bean mushroom soup^Grated cheese Southwest salad Fresh fruit  | **28**(V) Whole grain pizza\*Garden saladFresh fruit  | **29**Chicken nuggets (V) Veggie nuggetsPotato soup Whole wheat bread/butter\*Fresh fruit  | **30**(V) Spinach manicottiWinter blend vegetablesWhole wheat bread/butter\*Fresh fruit |  |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan