



# September 2020 – Lunch

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

(V) Vegetarian meal  
#Gluten free

+Whole wheat  
^Vegan

~This menu is designed for children age 12+ months  
Age appropriate milk must be served with lunch