


Lunch – September, 2018

9/3 ***** CLOSED FOR LABOR DAY *****	9/4 Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit	9/5 *Pizza Garden salad Fresh fruit	9/6 *Spinach manicotti Carrots Whole wheat bread/butter Fresh fruit	9/7 *Beans & Rice Tossed salad Tortilla Fresh fruit
9/10 Pasta w/chicken sausage & butternut sauce Salad Fresh fruit	9/11 Quiche Peas Whole wheat bread/butter Fresh fruit	9/12 Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit	9/13 Chicken leg w/ buttermilk gravy Zucchini & yellow squash Wheat bread/butter Fresh fruit	9/14 Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit
9/17 Chicken & tarragon w/whole wheat rotini Southwest salad Fresh fruit	9/18 Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit	9/19 Dirty rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit	9/20 Black bean, corn, & chicken quesadilla With whole wheat tortilla Green Beans Fresh fruit	9/21 *Lasagna Tossed salad Fresh fruit
9/24 Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Vegetable salad Fresh fruit	9/25 Chicken chili Broccoli & cheese salad Whole wheat bread/butter Fresh fruit	9/26 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	9/27 Hamburger slider Bean medley Roll Fresh fruit	9/28 BBQ chicken leg California blend vegetables Whole wheat bread/butter Fresh fruit
		~This menu is designed for children age 12+ months	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.	 Visit us at www.goodfoodco.com Age appropriate milk must be served with lunch

*Vegetarian meal