


# September Lunch Menu

9/2 ***** CLOSED FOR LABOR DAY *****	9/3 Power veggie beef & chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit	9/4 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	9/5 +Dirty brown rice with beef, veg- etables, quinoa and farrow Apple cole slaw Fresh fruit	9/6 *Lasagna Tossed salad Fresh fruit
9/9 +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit	9/10 Chicken chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	9/11 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	9/12 Hamburger slider Bean medley +Whole wheat roll Fresh fruit	9/13 BBQ chicken leg California blend vegetables +Whole wheat bread/butter Fresh fruit
9/16 Turkey sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	9/17 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit	9/18 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit	9/19 Maryland-style chicken Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit	9/20 +*Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
9/23 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit	9/24 +*Whole grain pizza Garden salad Fresh fruit	9/25 Chicken patty Tuscan bean and garlic soup + Whole wheat bread/butter Fresh fruit	9/26 *Spinach manicotti Winter blend vegetables +Whole wheat bread/butter Fresh fruit	9/27 *Beans & Brown rice Tossed salad +Tortilla Fresh fruit
9/30 Chicken Alfredo with tri-color pasta Salad Fresh fruit		~This menu is designed for children age 12+ months  *Vegetarian meal  +Whole grain	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 provid- er	 <p>Visit us at  <a href="http://www.goodfoodco.com">www.goodfoodco.com</a> Age appro-            priate milk must be served with            lunch</p>

# September Vegetarian Menu

9/2 ***** CLOSED FOR LABOR DAY *****	9/3 #Cheese omelette Spinach salad +Whole wheat bread/butter Fresh fruit	9/4 #^French Lentils W/ Thyme Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	9/5 +#Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrow Apple cole slaw Fresh fruit	9/6 Lasagna Tossed salad Fresh fruit
9/9 ^Teriyaki patty Grated cheese Tossed salad Fresh fruit	9/10 #^Vegetarian chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	9/11 Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	9/12 Gardenburger Bean medley +Whole wheat roll Fresh fruit	9/13 Quinoa, couscous, and parmesan California blend vegetables +Whole wheat bread/butter Fresh fruit
9/16 #^Vegetarian sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	9/17 +Whole grain cheese melt Tomato alphabet soup Fresh fruit	9/18 #^Picadillo Pineapple/Mango Coleslaw +Whole wheat bread/butter Fresh fruit	9/19 +#Broccoli & cheddar quinoa w/ brown rice Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit	9/20 +Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
9/23 Cheese tortellini w/olive oil & basil Grated cheese Spinach salad Fresh fruit	9/24 +Whole wheat pizza Garden salad Fresh fruit	9/25 Veggie nuggets Tuscan bean and garlic soup +Whole wheat bread/butter Fresh fruit	9/26 Spinach manicotti Carrots +Whole wheat bread/butter Fresh fruit	9/27 +#^Beans & Brown rice Tossed salad Tortilla Fresh fruit
9/30 Tri-color pasta alfredo Salad Fresh fruit		+Whole grain  # Entrée is Gluten Free  ^ Entrée is Vegan  <i>~This menu is designed for children age            12+ months</i>	<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.            This institution is an equal opportunity provid-            er</i>	 Visit us at <a href="http://www.goodfoodco.com">www.goodfoodco.com</a> Age appro- priate milk must be served with lunch

# September Breakfast/Snack Menu

9/2  ***** CLOSED FOR LABOR DAY *****	9/3 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	9/4 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt	9/5 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	9/6 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix
9/9 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	9/10 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	9/11 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	9/12 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	9/13 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
9/16 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	9/17 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt	9/18 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	9/19 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	9/20 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices
9/23 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	9/24 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	9/25 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	9/26 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	9/27 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
9/30 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches		~This menu is designed for children age 12+ months  +Whole grain	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 provid- er	 Visit us at <a href="http://www.goodfoodco.com">www.goodfoodco.com</a> Age appro- priate milk must be served with lunch