

September

LUNCH K-12

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> • all natural hot dog (DF) • sloppy joe (DF) • egg salad sandwich (VG) (DF) • chicken pizza party salad ◦ blanched broccoli florets 	<ul style="list-style-type: none"> • kickin chicken parm pasta • orange chicken rice bowl (DF) • sunbutter and jelly sandwich (VG) • ham and cheese sandwich ◦ seasoned corn
HOLIDAY	<ul style="list-style-type: none"> • firecracker chicken with spicy sesame noodles • sausage pizza • honey mustard chicken wrap • cheese sandwich (VG) ◦ edamame with blanched broccoli florets 	<ul style="list-style-type: none"> • breakfast for lunch: pancakes w/ sausage • hot meatball sub • turkey and cheese sandwich • hummus and whole grain flatbread (VG) ◦ sweet potatoes 	<ul style="list-style-type: none"> • bbq chicken sandwich • all natural cheeseburger • chicken salad sandwich(DF) • veggie taco salad (VG) ◦ chopped lettuce and sliced tomatoes with ranch 	<ul style="list-style-type: none"> • bbq chicken pasta with mozzarella and corn • cheese ravioli with marinara sauce (VG) • chicken caesar wrap • chillin' chinese chicken noodles ◦ seasoned corn
5	6	7	8	9
<ul style="list-style-type: none"> • kickin chicken melt sandwich • bean and cheese burrito (VG) • bbq chicken wrap • turkey and cheese sandwich ◦ seasoned corn 	<ul style="list-style-type: none"> • egg and cheese panada pie (VG) • baked mac & cheese with chicken sausage combo • chicken salad sandwich (DF) • ham and cheese sandwich ◦ seasoned black beans with blanched broccoli florets 	<ul style="list-style-type: none"> • chicken enchiladas • chicken bites (DF) • veggie taco salad (VG) • chicken caesar wrap ◦ braised greens 	<ul style="list-style-type: none"> • all natural hot dog (DF) • buffalo chicken sandwich • sesame chicken salad • egg salad sandwich (VG) ◦ celery sticks with ranch 	<ul style="list-style-type: none"> • bbq chicken with cheesy rice • chicken taco trio • garden ranch salad with chicken breast • southwest veggie wrap (VG) ◦ sweet potatoes
12	13	14	15	16
<ul style="list-style-type: none"> • "pepperoni" calzoni pizza (meatless) (VG) 1 • jumbo caribbean meatball with rice (DF) • honey mustard chicken wrap • chicken salad sandwich (DF) ◦ chilled, seasoned green beans 	<ul style="list-style-type: none"> • cheese ravioli with marinara sauce (VG) • chicken fajita burrito • chillin' chinese chicken noodles • veggie chef's salad (VG) ◦ three bean salad with baby carrots 	<ul style="list-style-type: none"> • lone star grilled chicken breast sandwich • sweet garlic noodles with chicken thigh • egg salad sandwich (VG) (DF) • turkey and cheese sandwich ◦ sweet potatoes 	<ul style="list-style-type: none"> • all natural cheeseburger • bbq chicken sandwich • chicken caesar salad • hummus flatbread (VG) ◦ chopped lettuce and sliced tomatoes with ranch 	<ul style="list-style-type: none"> • bbq meatballs with cheesy rice • chicken pasta alfredo • cheese sandwich (VG) • sesame chicken wrap (DF) ◦ seasoned corn
19	20	21	22	23
<ul style="list-style-type: none"> • chicken taco trio • breakfast for lunch: pancakes w/ omelet (VG) • chicken salad sandwich on a whole grain bun (DF) • chicken caesar wrap ◦ chilled, seasoned green beans 	<ul style="list-style-type: none"> • chicken enchiladas • cheese pizza panada pie (VG) • turkey and cheese sandwich • bbq chicken wrap ◦ pinto beans with baby carrots 	<ul style="list-style-type: none"> • crispy chicken sandwich (DF) • cheese lasagna (VG) • sesame chicken wrap (DF) • garden ranch salad with chicken breast ◦ sweet potatoes 	<ul style="list-style-type: none"> • all natural hot dog (DF) • sloppy joe (DF) • egg salad sandwich (VG) (DF) • chicken pizza party salad ◦ blanched broccoli florets with ranch 	<ul style="list-style-type: none"> • kickin chicken parm pasta • orange chicken rice bowl (DF) • sunbutter and jelly sandwich (VG) • ham and cheese sandwich ◦ seasoned corn
26	27	28	29	30

what's new?

Mmm panada! Our new breakfast inspired empanada is filled with fluffy eggs and melted mozzarella cheese. Look for the Egg & Cheese Panada Pie on Sept. 13.

Spice up lunch with our new Kickin' Chicken Parm Pasta. Lightly-breaded chicken tossed with spicy buffalo sauce and plated over corkscrew pasta with tomato marinara and melted mozzarella. Look for it on the menu on Sept 2 and 30!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

◦ Vegetable of the day

This institution is an equal opportunity provider