

SEPTEMBER LUNCH

DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

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.

- o Vegetable of the day

Chef reserves the right to change menu for seasonality and new menu innovation.



MONDAY

1

- Chicken Chilaquiles w/Scoops
- o Fresh Fruit
- o Steamed Corn
- o Garbanzos, Edamame, Shredded Carrot

7

- Bean & Cheese Pupusa
- Sesame Chicken Salad
- o Fresh Fruit
- o Kidney, Edamame, Carrot, Corn

14

- BBQ Chicken Drumstick & Cheesy Rice
- Sunbutter, Jelly, Sliced Bread
- o Fresh Fruit
- o Steamed Corn
- o Garbanzos, Edamame, Shredded Carrot

21

- Five Cheese Lasagna
- Garden Ranch Salad w/Chicken
- o Seasoned Blanched Broccoli
- o Fresh Fruit
- o Baby carrots

28

- Chicken Chilaquiles w/Scoops
- Veggie Chef Salad
- o Fresh Fruit
- o Steamed Corn
- o seasoned green beans

TUESDAY

2

- Pepperoni Pizza
- o Fresh Fruit
- o seasoned green beans

8

- Cheddar Cheese Sub Sandwich
- Veggie Taco Salad
- o Fresh Fruit
- o Seasoned Blanched Broccoli

15

- Pepperoni Pizza
- Veggie Chef Salad
- o Fresh Fruit
- o seasoned green beans

22

- Chicken Tamale w/Seasoned Rice
- Sesame Chicken Salad
- o Fresh Fruit
- o Steamed Corn

29

- Hearty Veggie Chili & Seasoned rice
- Egg Salad Sub on Whole Grain Bun
- o Fresh Fruit
- o Garbanzos, Edamame, Shredded Carrot

WEDNESDAY

3

- beef cheeseburger
- o Fresh Fruit
- o Chopped Romain Lettuce
- o Tomato Slices

10

- Shredded BBQ Chicken Plate w/Tangy Beans & Biscuit
- Egg Salad Sub on Whole Grain Bun
- o Fresh Fruit
- o Green Peas

16

- beef cheeseburger
- Pesto Pasta Salad
- o Chopped Romain Lettuce
- o Tomato Slices

23

- Hot Dog
- Honey Mustard Chicken Wrap
- o Fresh Fruit
- o Fresh Celery Sticks

30

- Bean & Cheese Pupusa
- Classic Turkey & Cheddar Sandwich
- o Fresh Fruit
- o Garbanzos, Edamame, Shredded Carrot

THURSDAY

4

- Burrito Soyrito Pinto Spread
- o Fresh Fruit
- o Steamed carrots

11

- Chicken Taco Trio
- Sunbutter, Jelly, Sliced Bread
- o Fresh Fruit
- o sliced cucumber

17

- Pancakes & Cheesy Omelet
- Chicken Salad Sub Sandwich
- o Fresh Fruit
- o Steamed carrots

24

- Five Cheese Lasagna
- Garden Ranch Salad w/Chicken
- o Seasoned Blanched Broccoli
- o Fresh Fruit
- o Baby carrots

31

- Chicken Chilaquiles w/Scoops
- Veggie Chef Salad
- o Fresh Fruit
- o Steamed Corn
- o seasoned green beans

FRIDAY

1

- Chicken Chilaquiles w/Scoops
- o Fresh Fruit
- o Steamed Corn
- o Garbanzos, Edamame, Shredded Carrot

8

- Bean & Cheese Pupusa
- Sesame Chicken Salad
- o Fresh Fruit
- o Kidney, Edamame, Carrot, Corn

15

- Pepperoni Pizza
- Veggie Chef Salad
- o Fresh Fruit
- o seasoned green beans

22

- Chicken Tamale w/Seasoned Rice
- Sesame Chicken Salad
- o Fresh Fruit
- o Steamed Corn

29

- Hearty Veggie Chili & Seasoned rice
- Egg Salad Sub on Whole Grain Bun
- o Fresh Fruit
- o Garbanzos, Edamame, Shredded Carrot

