

Bixby School

Lunch Menu

September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Teriyaki Chicken Sliders C/G/S Grilled Pineapple V Blistered Green Beans V Fresh Fruit V	6 Italian Sausage/Potato Soup P/C/G Note:GlutenFree Option Available None Italian Bruchetta G/V Fresh Fruit V	7 Seasonal Veggie Strata E/D/V/G Sweet Potato Hash V Fresh Fruit V	8 BBQ Chicken Legs C Potato Salad D/E/V Cornbread E/D/V Fresh Fruit V	9
10	11 Veggie Lasagna V/G/D Caesar Salad G/D Green Salad Available Garlic Rolls G/D/V Fresh Fruit V	12 Baked Pork Chops P Baked Cinnamon Apples V Mashed Potatoes D/V Biscuits V/D	13 Swedish Meatballs P/B/D Egg Noodles E/G/V Roasted Vegetables V Fresh Fruit V	14 Gluten Free Veggie Flatbreads D/V Note: DairyFree Option Available None Tossed Green Salad V Fresh Fruit V	15 Cornflake Chicken with sauce None Note:GlutenFree Option Available None French Fries V Fresh Fruit V	16
17	18 Chicken tostada C/GF Dairy optional Note:Vegetarian Option Available None Spanish Rice V Vegetarian Refried beans V Fresh Fruit V	19 Sweet and Sour Pork P/G Note:Vegetarian Option Available None Roasted Vegetables V Sticky Rice V	20 Turkey Taco Salad T/D/GF can be made Dairy Free Note:Vegetarian Option Available None Note: DairyFree Option Available None Black Beans V Fresh Fruit V	21 Glazed meatloaf B/E/G Sweet Potato Fries V Roasted Broccoli V Fresh Fruit V	22 Vegetarian Stir Fry S/V Vegetarian Spring Rolls G/E Grilled Pineapple V	23
24	25 Spaghetti and Meatballs G/B/E Note:Vegetarian Option Available None Fall Squash with Parm D/V Tossed Chopped Salad with bacon ,cheese ,croutons & apples (vegetarian available) Fresh Fruit V	26 Scrambled Eggs E/D/V Pancakes D/E/G Breakfast Sausage P Fresh Fruit V	27 Chicken Enchiladas C/G/D Note:GlutenFree Option Available None Corn and Black Bean Salad V Tortilla Chips V Fresh Fruit V	28 Breaded Fish Fillets F/G/E Corkscrew Pasta with Pesto G/D/V Roasted Cherry Tomatoes V Fresh Fruit V	29 Grilled Turkey Dogs T Vegetarian Baked Beans None Roasted Cauliflower V Fresh Fruit V	30

B=Beef, C=Chicken, D=Dairy, E=Egg, G=Gluten, P=Pork, S=Soy, SH=Shellfish, T=Turkey, V=Vegetarian

Parents on days there is Gluten in our meals feel free to bring your child GF pasta and breads.

When we have Asian dishes I try to sub Tamari for Soy Sauce.

I use GF thickening agents for soups and stews.

