



September 2022

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | | 1 Roast Beef (v avail) Roasted cauliflower Mixed greens salad Watermelon | 2 Oven roasted ham (v avail) Roasted potatoes & green beans Fresh pears Mixed greens salad |
| 5 Labor Day No School | 6 Grilled Cheese(gf avail) Tomato soup (gf,v) Sauteéd Brussel sprouts (vv,df,gf) Seasonal Berries (vv, df,gf) Mixed Greens Salad | 7 Veggie and Chicken Fried Rice (vv,df,gf) Roasted Broccoli (v,gf) Fresh Mangos Mixed Greens Salad | 8 Scrambled Eggs(v,gf) Whole Grain Toast(vv,gf) Bacon & Imp. Sausage Grape Salad (v, gf) Mixed Greens Salad | 9 Pizza Day!! All options avail Fresh fruit |
| 12 Spaghetti Bolognese (gf opt avail,vv, df) Garlic Bread (vv,df) Fresh Grapes (vv,df,gf) Caesar Salad | 13 Chicken Sammy (all opts avail) Fresh Fruit Salad (vv, df, gf) Mixed Greens Salad | 14 BBQ Pulled Pork (gf,df) Roasted Cauliflower w/BBQ Sauce (vv,gf,df) Fresh Pineapple (vv,df,gf) Mixed Greens Salad | 15 Hamburgers (gf avail,df) Impossible Burger(vv,df) Baked Fries (vv, gf, df) Fresh Bananas Mixed Greens Salad | 16 Falafel Pita (vv, df) Carrots & Hummus (vv, gf, df) Mixed Greens Salad |
| 19 Oil Poached Fish(v-pesc, gf,df) Garlic Roasted Potatoes (vv,df,gf) Sauteéd Green Beans(vv,df,gf) | 20 Soft-Shelled Tacos (all opts avail) Lettuce, Tomato, Cheese option Fresh Bananas (v,gf) | 21 Grilled Chicken(df, gf) Garlic Veggie Nuggets(vv, df) Pesto Pasta w/ Veggies(gf avail(Pears (vv, gf, df) | 22 Mac n Cheese (v)(gf avail) Broccoli Salad(v,gf) & MandarinOranges(vv, df, gf) | 23 Red Beans & Rice(vv, gf, df) Plums(vv, df, gf) Mixed Greens Salad |
| 26 Baked Potato Bar (All opts avail) Fresh Apples(vv, gf,df) Mixed Greens Salad | 27 Teriyaki Chicken Thighs(gf, df) (v avail) Jasmine Rice (v, df, gf) Steamed Edamame (vv, gf, df), Fresh Oranges | 28 Chicken Nugget (df, & vv avail) Tater Tots (gf,vv,df) Watermelon(vv,df,gf) Mixed Greens Salad | 29 Bean or beef Nachos(all opt avail) Fresh Apples Mixed Greens Salad | 30 BBQ Cauliflower(vv, gf, df), Cheddar Mash (v, gf), Fresh Pineapple Mixed Greens Salad |