

SEPTEMBER

FEATURED ON THE MENU IN SEPTEMBER!

Look for 🍅 Fresh Tomato Cucumber Salad, Roasted Zucchini, and 🌿 Green Pea Guacamole on our September menu. Quinoa Tabouli, local cherry tomatoes, carrots, cucumbers, cantaloupe and watermelon, and Western Slope peaches, pears and apples will be featured on salad bars.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ON THE MENU! Chicken Strips^{ABF} with Dipping Sauce – Sept. 5 & 21</p> 	<p>ON THE MENU! All-Beef Hot Dog – Sept. 11 & 25</p> 	<p>ON THE MENU! Roasted Zucchini Squash^{GF} – Sept. 13</p> 	<p>ON THE MENU! Spaghetti Marinara and Turkey Meatballs – Sept. 19</p> 	<p>ON THE MENU! Fresh Tomato and Cucumber Salad^{GF} – Sept. 20</p> 	<p>ON THE MENU! Veggie Cheese Flatbread – Sept. 28</p> 	<p>1  Boulder Valley School District Excellence and Equity</p>
2	3 LABOR DAY	4 Homestyle Turkey Meatball Sub Cheese Pizza Pepperoni Pizza ^{ABF NNF}	5 Chicken Strips ^{ABF} with Dipping Sauce & Garlic Bread Cheese Ravioli with Garlic Bread	6 Hamburger ^{ABF GF} Falafel & Hummus Flatbread Wrap with Creamy Cucumbers Cheeseburger ^{ABF GF} Oven Baked Fries ^{GF}	7 French Toast Casserole with Turkey Sausage ^{GF} and Berry Sauce ^{GF} Green Chili & Cheese Tamales ^{GF} with Refried Beans ^{GF}	8
9	10 Pasta Alfredo Cheese Pizza Pesto Pizza MEATLESS MONDAY	11 All-Beef Hot Dog ^{ABF NNF GF} Fireside Broccoli Cheese Stuffed Potato ^{GF} with Biscuit BBQ Baked Beans ^{GF}	12 Local Beef Nachos ^{ABF GF} with Cheese Sauce Bean Nachos ^{GF} with Cheese Sauce Local Anasazi Beans ^{GF} Brown Rice ^{GF} COLORADO PROUD DAY	13 Oven Roast Chicken ^{ABF GF} with Brown Rice ^{GF} Cheese Calzone 🍷 Roasted Zucchini Squash ^{GF}	14 Chicken Potstickers with Fried Rice Cheese Ravioli with Garlic Bread	15
16 Find allergen information, menu updates and more at bvsd.org/food	17 Menu T.B.D.	18 BBQ Pulled Pork ^{GF} Sandwich Cheese Pizza Pepperoni Pizza ^{ABF NNF}	19 Spaghetti Marinara and Turkey Meatballs Spaghetti Marinara with Cheese	20 Hamburger ^{ABF GF} Chili Smothered Baked Potato with Biscuit Cheeseburger ^{ABF GF} Oven Baked Fries ^{GF} 🍷 Fresh Cucumber Tomato Salad ^{GF}	21 Chicken Strips ^{ABF} with Dipping Sauce & Garlic Bread Tofu Bibimbap	22
23 30	24 Homestyle Turkey Meatball Sub Cheese Pizza Pepperoni Pizza ^{ABF NNF}	25 All-Beef Hot Dog ^{ABF NNF GF} Veggie Burrito BBQ Baked Beans ^{GF}	26 Beef Nachos ^{ABF GF} with Cheese Sauce Bean Nachos ^{GF} with Cheese Sauce Brown Rice ^{GF} 🌿 Green Pea Guacamole ^{GF}	27 Oven Fried Chicken ^{ABF} with Brown Rice ^{GF} Green Chili Tamales ^{GF} with Refried Beans ^{GF}	28 Roast Turkey ^{GF} Dinner with Mashed Potatoes ^{GF} , Gravy & Dinner Roll Veggie Cheese Flatbread	29 BVSD DAY AT THE MARKET

Unlimited salad bar, skim milk, organic 1% milk and fresh fruit offered daily. Gluten Free choices (available without the bun) are designated with a "GF" symbol. Hormone- and antibiotic-free choices are designated with a "ABF" symbol. Nitrate- and nitrite-free choices are designated with a "NNF" symbol. Menu subject to change.