

WESTLAKE PREP

September 2018

Lunches Provided By:
 Roadrunner Foods
 (p) 281-565-7902
 (f) 281-565-7904
 RoadrunnerFoodService.com

Monday

Tuesday

Wednesday

Thursday

Friday

LABOR DAY

No School

3

Oven Baked Chicken Tenders
 Macaroni & Cheese
 Green Beans
 Seasonal Fresh Fruit

V: Veggie Nuggets

4

Parmesan Crusted Tilapia over Steamed
 White Rice
 California Veggie Blend
 Artisan Wheat Roll
 Seasonal Fresh Fruit
 V: Grilled Cheese

5

Ground Turkey Soft Taco
 Spanish Rice
 Pinto & Black Bean Mix
 Seasonal Fresh Fruit

V: Bean & Cheese Roll-Up

6

Pizza Friday

7

Breakfast for Lunch!

Pancakes w/ Syrup
 Turkey Sausage
 Potatoes O'Brien
 Seasonal Fresh Fruit

V: Veggie "Sausage" Patty

10

Chicken Baked Ziti
 Sweet Peas
 Artisan Wheat Roll
 Seasonal Fresh Fruit

V: Baked Ziti

11

Turkey & Cheddar Sub w/ Mayo
 Italian Pasta Salad
 Seasonal Fresh Fruit

V: Sunbutter & Jelly Sandwich

12

Red Beans & Rice w/ Turkey Sausage
 Oven Roasted Baby Carrots
 Artisan Wheat Roll
 Seasonal Fresh Fruit

V: Red Beans & Rice w/ Veggie "Meat

13

Pizza Friday

14

Golden Baked Dino Nuggets
 Potatoes Au Gratin
 Green Beans
 Seasonal Fresh Fruit

V: Veggie Nuggets

17

Ground Turkey Sloppy Joe
 Shoe String Fries
 Normandy Vegetable Blend
 Seasonal Fresh Fruit

V: Veggie "Meat" Sloppy Joe

18

Chicken Fajita Tacos w/ Shredded
 Monterey Jack Cheese
 Spanish Rice
 Refried Beans
 Seasonal Fresh Fruit
 V: Bean & Cheese Roll-Up

19

Grilled Chicken Teriyaki Fried Rice w/
 Mixed Veggies
 Steamed Edamame
 Artisan Wheat Roll
 Seasonal Fresh Fruit
 V: Fried Rice w/ Veggie "Chicken"

20

Pizza Friday

21

Breakfast for Lunch!

Chicken & Waffles W/ Syrup
 Hash browns
 Seasonal Fresh Fruit

V: Waffles w/ Veggie Nuggets

24

Beef Meatballs w/ Gravy over Egg
 Noodles
 Roasted Baby Carrots
 Artisan Wheat Roll
 Seasonal Fresh Fruit

V: Veggie Meatballs w/ Marinara Sauce

25

Chicken Jambalaya
 Green Beans
 Homemade Cornbread
 Seasonal Fresh Fruit

V: Veggie "Chicken" Jambalaya

26

BBQ Baked Chicken Leg
 Loaded Mashed Potatoes
 Mixed Veggies
 Seasonal Fresh Fruit

V: Cheesy Broccoli & Rice Casserole

27

Pizza Friday

28

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WWW.LUNCHDIRECT.COM

SCHOOL CODE: **233000**

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