

Lunch orders must be placed through Lunch Direct by Wednesday for the following week.

SEPTEMBER 2019

WESTLAKE PREP

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

Monday

NO SCHOOL
LABOR DAY

2

Tuesday

Ground Beef Sloppy Joe
Sweet Potato Fries
Green Beans
Seasonal Fresh Fruit

V: Veggie "Meat" Sloppy Joe

3

Wednesday

Parmesan Crusted Tilapia over
Steamed White Rice
Sweet Peas
Pita Bread Triangles
Seasonal Fresh Fruit

V: Grilled Cheese

4

Thursday

Oven Baked Chicken Tenders
Potatoes Au Gratin
California Veggie Blend
Seasonal Fresh Fruit

V: Veggie Nuggets

5

Friday

Pizza Friday

6

Chicken Fajita Soft Tacos w/ Bell
Peppers & Monterey Jack Cheese
Spanish Rice
Refried Beans
Seasonal Fresh Fruit

V: Cheese Quesadillas

8

Sliced Turkey & Cheddar Sub
Italian Pasta Salad w/ Diced
Tomatoes, Celery & Fresh
Parmesan
Seasonal Fresh Fruit

V: Sunbutter & Jelly Sandwich

10

BBQ Baked Chicken Legs
Macaroni & Cheese
Green Beans
Seasonal Fresh Fruit

V: Cheesy Broccoli & Rice Casserole

11

Beef Cheeseburger
Seasoned Steak Fries
Sweet Peas
Seasonal Fresh Fruit

V: Veggie Burger

12

Pizza Friday

13

French Toast Sticks w/ Syrup
Potatoes O'Brien
Turkey Sausage Patty
Seasonal Fresh Fruit

V: Veggie Sausage Patty

16

Grilled Chicken Florentine w/ Bow
Tie Pasta
Oven Roasted Baby Carrots
Wheat Roll
Seasonal Fresh Fruit

V: Bow Tie Florentine Pasta

17

Southwest Lentils over Rice
Grilled Turkey Sausage
Roasted Cauliflower
Pita Bread Triangles
Seasonal Fresh Fruit

V: Southwest Lentils over Rice

18

Oven Baked Chicken Tenders
Potatoes Au Gratin
Mixed Veggies
Seasonal Fresh Fruit

V: Veggie Nuggets

19

Pizza Friday

20

Chicken Teriyaki Fried Rice
Mixed Veggies
Crinkle Cut Carrots
Wheat Roll
Seasonal Fresh Fruit

V: Teriyaki Fried Rice w/ Veggie "Chicken"

23

Rotini Pasta w/ Marinara Sauce
and Chicken Meatballs
California Veggie Blend
Wheat Roll
Seasonal Fresh Fruit

V: Veggie "Meatballs"

24

Ground Beef Soft Tacos
Monterey Jack Cheese
Spanish Rice
Refried Beans
Seasonal Fresh Fruit

V: Beans & Cheese Roll Ups

25

Crispy Chicken Sandwich on a
Whole Wheat Bun
Shoestring Fries
Buttered Corn
Seasonal Fresh Fruit

V: Veggie Burger

26

Pizza Friday

27

Buttermilk Waffles w/ Syrup
Oven Baked Chicken Tenders
Potatoes O'Brien
Seasonal Fresh Fruit

V: Veggie Nuggets

30

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WWW.LUNCHDIRECT.COM

SCHOOL CODE: **233000**

*****NEW ALTERNATIVE MENU*****

Each day your child will get a choice between two alternative entrées.
Either **A: Grilled Cheese** or **B: Toasted Turkey & Cheese Sandwich**.

These alternative items will replace the entrée for the day; all sides will remain the same.



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OCTOBER 2019

WESTLAKE PREP

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken & Spinach Rigatoni Pasta w/ Fresh Mozzarella Sweet Peas, Wheat Roll Seasonal Fresh Fruit V: Spinach Rigatoni Pasta	2 Ground Beef Soft Tacos w/ Monterrey Jack Cheese Spanish Rice, Refried Beans Seasonal Fresh Fruit V: Bean & Cheese Roll-Ups	3 Parmesan Crusted Tilapia over Mashed Potatoes Crinkle Cut Carrots, Pita Bread Seasonal Fresh Fruit V: Grilled Cheese	4 Pizza
7 Teriyaki Chicken Fried Rice w/ Mixed Veggies, Green Beans Wheat Roll Seasonal Fresh Fruit V: Teriyaki Fried Rice w/ Veggie "Chicken"	8 Oven Baked Chicken Tenders Scalloped Potatoes Buttered Corn Seasonal Fresh Fruit V: Veggie Nuggets	9 Penne Pasta w/ Beef Bolognese Peas & Diced Carrot Blend Wheat Roll, Fresh Fruit V: Pasta w/ Veggie "Meat" Sauce	10 BBQ Baked Chicken Leg Loaded Mashed Potatoes Mixed Veggies, Fresh Fruit V: Cheesy Broccoli & Rice Casserole	11 Pizza
14 Columbus Day No School Teacher In-Service Day	15 Cheeseburger on a Whole Wheat Bun, Potatoes Au Gratin Sweet Peas Seasonal Fresh Fruit V: Veggie Burger	16 Turkey & Cheddar Hoagies Italian Pasta Salad w/ Fresh Tomatoes, Celery, & Parmesan Seasonal Fresh Fruit V: Sunbutter & Jelly Sandwich	17 Chicken & Cheese Quesadillas Spanish Rice Refried Beans Seasonal Fresh Fruit V: Cheese Quesadilla	18 P/T Conferences – No School
21 Fettucine Alfredo w/ Grilled Chicken Oven Roasted Baby Carrots Wheat Roll Seasonal Fresh Fruit V: Fettucine Alfredo	22 Parmesan Crusted Tilapia over Steamed White Rice Sweet Peas, Pita Bread Seasonal Fresh Fruit V: Grilled Cheese	23 Breakfast for Lunch! French Toast Sticks w/ Syrup Hash Browns w/ Diced Bell Peppers Turkey Sausage Seasonal Fresh Fruit V: Veggie Sausage Patty 1	24 Oven Baked Chicken Tenders White Rice w/ Gravy Buttered Corn Seasonal Fresh Fruit V: Veggie Nuggets / No Gravy	25 Pizza
28 Chicken Fajita Tacos w/ Diced Bell Peppers & Monterey Jack Cheese Spanish Rice, Refried Beans Seasonal Fresh Fruit V: Cheese Quesadilla	29 Beef Sloppy Joes Seasoned Steak Fries Buttered Corn Seasonal Fresh Fruit V: Sloppy Joe w/ Veggie "Meat"	30 Mac-n-Cheese w/ Grilled Chicken Sweet Peas, Wheat Roll Seasonal Fresh Fruit V: Macaroni & Cheese	31 Mini Turkey Corndogs Red Potatoes w/ Parsley Mixed Veggies Seasonal Fresh Fruit V: Grilled Cheese	

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