

SEPTEMBER LUNCH



MONDAY

**3**

- cheese pizza panada pie (v)
- creamy chicken alfredo
- ham & cheese sandwich
- celery sticks & Fruit
- Milk

**10**

- bfast for lunch: pancakes & omelet (v)
- turkey & cheddar sandwich
- steamed corn & Fruit
- Milk

**17**

- cheddar cheese sandwich (v)
- spaghetti marinara (v)
- steamed corn & Fruit
- Milk

**24**

- chicken bites (df)
- turkey cheddar flatbread melt
- ham & cheese sandwich
- green peas & Fruit
- Milk

TUESDAY

**4**

- the revolution dog (df)
- chili citrus drumstick and rice (df)
- blanched broccoli with ranch (chilled) & Fruit
- Milk

**11**

- mac & cheese and chicken sausages
- ham & cheese sandwich
- baby carrots and warm pinto beans & Fruit
- Milk

**18**

- bean & cheese quesadilla (v)
- the revolution dog (df)
- broccoli and carrot salad & Fruit
- Milk

**25**

- chicken gumbo & cornbread
- mighty meaty deli combo sandwich
- cucumber and tomato salad & Fruit
- Milk

WEDNESDAY

**5**

- bean & cheese pupusa (v)
- sunny sandwich kit (sunbutter & jelly) (v)
- baby carrots & three bean salad & Fruit
- Milk

**12**

- beef cheeseburger
- lettuce and tomatoes & Fruit
- Milk

**19**

- bean & cheese pupusa (v)
- chicken salad sandwich (df)
- sliced cucumber & Fruit
- Milk

**26**

- beef cheeseburger
- cheese pizza (v)
- lettuce and tomatoes with ranch & Fruit
- Milk

THURSDAY

**6**

- meatless italian "sausage" calzoni
- mighty meaty deli combo sandwich
- santa fe chili chicken & black bean wrap
- glazed carrots & Fruit
- Milk

**13**

- cheesy ravioli (v)
- mighty meaty deli combo sandwich
- sliced cucumber with ranch & Fruit
- Milk

**20**

- chicken enchilada plate
- cheese pizza panada pie (v)
- sunny sandwich kit (sunbutter & jelly) (v)
- baby carrots with ranch & Fruit
- Milk

**27**

- bfast for lunch: pancakes & chicken sausage
- five cheese lasagna (v)
- glazed carrots & Fruit
- Milk

FRIDAY

**7**

- red chile chicken tamale
- five cheese lasagna (v)
- green peas & Fruit
- Milk

**14**

- chicken bites (df)
- bbq beef flatbread melt
- orange carrots & Fruit
- Milk

**21**

- chicken teriyaki (df)
- pepperjack cheeseburger
- mighty meaty deli combo sandwich
- three bean salad & Fruit
- Milk

**28**

- red chile chicken tamale
- turkey & cheddar sandwich
- broccoli & pinto beans w/ Fruit
- Milk