

# SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>  HAPPY LABOR DAY	<b>3</b> Lunch Turkey Taco Nada Berry Yogurt Parfait or BBQ Chicken Salad	<b>4</b> Lunch Pepperoni* Pizza Cheese Pizza or Seed-Tastic Bar	<b>5</b> Lunch Turkey & Cheese Sandwich Chicken Caesar Salad Vegetarian Hoagie  Cookie Day	<b>6</b> Lunch Cheese Pull Apart Black Bean Burger or Asian Chicken Salad
<b>9</b> Lunch Beef Chalupa Seed-Tastic Bar or Nacho Cheese Chips  Cookie Day	<b>10</b> Lunch Chicken Corn Dog Berry Yogurt Parfait or BBQ Chicken Salad	<b>11</b> Lunch Pepperoni* Pizza Cheese Pizza or Seed-Tastic Bar	<b>12</b> Lunch Drumstick & Potatoes Vegetarian Hoagie or Chicken Caesar Salad  Cookie Day	<b>13</b> Lunch 100% Beef Burger Black Bean Burger or Asian Chicken Salad
<b>16</b> Lunch Chicken Tamale Seed-Tastic Bar or Nacho Cheese Chips	<b>17</b> Lunch Orange Chicken & Rice Berry Yogurt Parfait or BBQ Chicken Salad  Cookie Day	<b>18</b> Lunch Pepperoni* Pizza Cheese Pizza or Seed-Tastic Bar	<b>19</b> Lunch Chicken Nuggets with Au Gratin Potatoes Vegetarian Hoagie or Chicken Caesar Salad  Cookie Day	<b>20</b> Lunch Breaded Chicken Sandwich Black Bean Burger or Asian Chicken Salad
<b>23</b> Lunch Ground Beef Taco Seed-Tastic Bar or Nacho Cheese Chips  Cookie Day	<b>24</b> Lunch Mini Chicken Hot Dogs Berry Yogurt Parfait or BBQ Chicken Salad	<b>25</b> Lunch Pepperoni* Pizza Cheese Pizza or Seed-Tastic Bar	<b>26</b> Lunch Chicken Smackers with Au Gratin Potatoes Vegetarian Hoagie or Chicken Caesar Salad  Cookie Day	<b>27</b> Lunch Mini Cheeseburger Twins Black Bean Burger or Asian Chicken Salad
<b>30</b> Lunch Carnitas* Soft Taco Seed-Tastic Bar or Nacho Cheese Chips  Cookie Day		Milk offered with every meal! We offer: low fat or non fat milk products: 1% White, Non-fat Chocolate, and Lactaid.	La leche ofrecida con ¡cada comida! Ofrecemos los siguientes productos lácteos bajos en grasa o sin grasa: 1% de chocolate blanco, sin grasa, and lactosa	Menu is subject to change. This menu item contains pork (*)  El menu esta sujeto a cambios.

Updated menus will be posted on our website, [yourchew.com](http://yourchew.com), as well as nutrient analysis.

Los menús actualizados se publicarán en nuestro sitio web, [yourchew.com](http://yourchew.com), así como el análisis de nutrientes.

## Fruit and Vegetables:

### Mon/Lunes:

Tropical Trio Slushy, Freshly Chopped Lettuce, Cilantro, Salsa, Carrot Sticks, Peaches

### Tues/Martes:

Grapes, Strawberry Fruit Cup, Cucumbers with Lemon & Tajin, Celery Sticks, Apple & Eve Fruitable Juice

### Wed/Miercoles:

Green Monster Smoothie, Strawberries, Caesar Salad, Broccoli Florets

### Thurs/Jueves:

Tropical Trio Slushy, Jicama with Lemon & Tajin, Apple Slices, 100% Fruit Juice

### Fri/Viernes:

Tossed Romaine Salad, Edamame, Rosati Frozen Treat, Fresh Whole Fruit