



Al-Madinah School

SEPTEMBER 2019

LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
			5 Penne pasta w/ meat sauce, sautéed green beans (2 oz) & broccoli (4 oz)	6 Pizza pie w/ cut corn (4 oz) & tomatoes (4 oz)
9 Chili con carne w/ brown rice, cheddar cheese, green peas (2 oz), red peppers (2 oz) & tomatoes (4 oz)	10 Tuna sandwich on whole-wheat hero, potato chips (2 oz), iceberg lettuce (2 oz), cucumber slices (2 oz), celery (2 oz) & tomatoes (2 oz)	11 Chicken fajita, Spanish rice, salsa (2 oz), onions (2 oz) green peppers (2 oz), carrots (4 oz) & black beans (4 oz)	12 Macaroni & cheese w/ broccoli (4 oz) & sliced carrots (4 oz)	13 Hot dog w/ French fries (4 oz), cherry tomatoes (4 oz) & three-bean salad (4 oz)
16 Beef burger on whole-wheat bun, American cheese (1 oz), cucumber slices (4 oz), baby carrots (4 oz) & mashed potatoes (4 oz)	17 BBQ chicken w/ brown rice, sautéed spinach (4 oz) & peas & carrots (4 oz)	18 Turkey sandwich w/ American cheese (1 oz), Romaine lettuce (4 oz), tomatoes (4 oz) & hash-brown potatoes (4 oz)	19 Meat lasagna w/ Ricotta cheese, garlic string beans (4 oz) & cucumbers (4 oz)	20 Pizza pie w/ cherry tomatoes (4 oz) & three-bean salad (4 oz)
23 Beef taco shell w/ Spanish rice, Romaine lettuce (2 oz), salsa (2 oz), celery (2 oz), onions (3 oz) & black beans (4 oz)	24 Chicken cacciatore w/ brown rice, carrots (2 oz), cut corn (2 oz), broccoli (4 oz) & green peas (2 oz)	25 Philly steak sandwich on whole wheat bun, red peppers (2 oz), green peppers (3 oz) onions (3 oz) & mashed potatoes (4 oz)	26 Penne pasta w/ meat sauce, broccoli (4 oz) & cherry tomatoes (4 oz)	27 Beef hot dog w/ French fries (2 oz), carrots (2 oz) & three-bean salad (4 oz)
30 Chicken gyro w/ yellow rice, green peppers (3 oz), red peppers (3 oz), onions (2 oz) & white sauce				
Lunch is served with a choice of peanut butter and jelly sandwich, 1% milk and fat-free chocolate milk, fresh fruit or canned fruit.				

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