

## September 2019 Lunch Menu

#2	MON 9th	TUES 10th	WED 11th	THURS 12th	FRI 14th
<b>MEAT</b>	Spaghetti and Meatballs w/ Garlic Bread (sf)*	Butter Chicken w/ Rice (gf,sf)*	Turkey White Bean Chili w/ Corn Bread (sf)*	BBQ Pulled Pork w/ Cheese Cauliflower Bake (gf,sf)*	Chicken or Cheese Enchaladas (gf,sf)*
<b>GRAIN</b>					
<b>VEG</b>	Carrots   Zucchini	Carrots	Corn   Celery	Cauliflower	Carrots
<b>FRUIT</b>	Bananas	Oranges	Apples	Oranges	Bananas
#3	MON 16th	TUES 17th	WED 18th	THURS 19th	FRI 20th
<b>MEAT</b>	Macaroni and Cheese w/ Garlic Bread (sf)*	Orange Chicken w/ Rice (gf,sf)*	Chicken Noodle Soup w/ Cheese Bread (sf)*	Volcano Meatloaf and Mashed Potatoes*	Chrispy Chicken Tenders (sf)*
<b>GRAIN</b>					
<b>VEG</b>	Carrots	Broccoli	Carrots   Celery	Cauliflower	Sweetpotato Wedges
<b>FRUIT</b>	Bananas	Oranges	Apples	Oranges	Bananas
#4	MON 23rd	TUES 24th	WED 25th	THURS 26th	FRI 27th
<b>MEAT</b>	Chicken or Cheese Alfredo w/ Garlic Bread (sf)	Greek Grilled Lemon Chicken w/ Rice (gf,sf)*	Beef and Bean Chili w/ Corn Bread (sf)*	Turky or Falafel Meatballs w/ Hummus and Pita (sf)	BBQ Chicken w/ Rosted Potatos (sf)*
<b>GRAIN</b>					
<b>VEG</b>	Carrots   Cauliflower	Broccoli	Carrots   Zucchini	Vegetable Sticks	Roasted Corn
<b>FRUIT</b>	Bananas	Oranges	Apples	Oranges	Bananas
#5	MON 30th				
<b>MEAT</b>	Grilled Chicken Parmesan Pasta w/ Garlic Bread (sf)*	*For the vegetarian substitute, meat is replaced with either tofu, homemade black bean patty or vegan plant based nuggets.			
<b>GRAIN</b>					
<b>VEG</b>	Carrots   Zucchini	See Ingredients List For Details			
<b>FRUIT</b>	Bananas	<b>Gluten Free - gf   Soy Free - sf   All our food is nut free</b>			

### Pre-School, Pre-K Serving Sizes

Meat 1.5 oz, grains 1-2 oz - 1/2 slice - 1/4 cup, vegetables 1/4 cup, fruit 1/4 cup

### 1st thru 3rd Grade Serving Sizes

Meat 2.5 oz, grains 2 - 4 oz - 1 slice - 1/2 cup, vegetables 1/2 cup, fruit 1/2 cup

### 4th thru 8th Grade Serving Sizes

Meat 4 oz, grains 4 - 6 oz - 2 slices - 1 cup, vegetables 1 cup, fruit 1 cup

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