

Lunch Menu (September 2021)

Allergen

	MON	TUE	WED	THU	FRI
			1	2	3
ENTRÉE			General Tso's Chicken	(Dairy Free) Broccoli Mac & Cheese	(Dairy Free) Turkey Sausage Pizza
VEGAN			Ginger Honey Tofu	Vegan Broccoli Mac & Cheese	Vegan Pizza
VEGETABLE			*Peas, Ginger, Carrots	*Broccoli, Onion, Mushroom, Bean Puree	*Coleslaw Salad
FRUIT			Sliced Apples	Sliced Oranges	Fruit Medley
	6	7	8	9	10
ENTRÉE	Tex-Mex Chicken Casserole	Spaghetti & Chicken Meatballs	Korean BBQ Chicken	Tuscan Chicken Pasta	Baked Chicken Tenders
VEGAN	Baked Vegan Casserole	Spaghetti & Vegan Meatballs	Vegan Korean BBQ Tofu	Vegan Tuscan Pasta	Baked Vegan Tender
VEGETABLE	*Bean Puree, Tomato, Onion	*Peas, Tomato, Carrots	*Vegetable Medley	*Cannellini Beans, Tomato, Spinach, Bell Pepper	*Coleslaw Salad
FRUIT	Mandarin	Fruit Medley	Sliced Apples	Sliced Oranges	Fruit Medley
	13	14	15	16	17
ENTRÉE	(Dairy Free) Creamy Tomato Turkey Mac	English Muffin Turkey Sausage Sandwich	Sweet & Sour Chicken	(Gluten-Free) Tater-Tot Casserole	Turkey Pot Pie
VEGAN	Creamy Tomato Vegan Mac	English Muffin Vegan Sandwich	Vegan Sweet & Sour	Vegan Tater-Tot Casserole	Roasted Vegan Pot Pie
VEGETABLE	*Onion, Tomato, Parsley	*Carrots Apple Raisin Salad	*Vegetable Medley	*Peas, Carrots, Bean Puree	*Carrots, Peas, Bell Peppers
FRUIT	Mandarin	Fruit Medley	Sliced Apples	Sliced Oranges	Fruit Medley
	20	21	22	23	24
ENTRÉE	Barbecue Chicken & Potato	Turkey Orzo Risotto	(Dairy Free) Butter Chicken with Rice	Baked Chicken Pasta	Baked Chicken Tenders
VEGAN	Barbecue Veggies & Vegan Cheese Potato	Veggie Orzo Risotto	Vegan Butter Tofu	Baked Vegan Casserole	Baked Vegan Tender
VEGETABLE	*Celery, Carrots, Onion	*Vegetable Medley	*Vegetable Medley	*Bean Puree, Tomato, Onion	*Coleslaw Salad
FRUIT	Mandarin	Fruit Medley	Sliced Apples	Sliced Oranges	Fruit Medley
	27	 28	29	30	
ENTRÉE	Spaghetti Bolognese	Chicken Cacciatore with Veggies & Bread Roll	Teriyaki Chicken	Singapore Noodle with Turkey	
VEGETARIAN	Vegan Spaghetti with Marinara sauce(WGR)	Vegan Cacciatore & Bread Roll	Vegan Teriyaki Tofu	Vegan Singapore Noodle with Tofu	
VEGETABLE	*Onion, Carrots, Beans, Tomato	*Tomato, Onion Olive, Bell Pepper	*Peas, Carrots, Zucchini	*Vegetable Medley	
FRUIT	Mandarin	Fruit Medley	Sliced Apples	Sliced Oranges	

Pre-School Serving Sizes

Meat 2.0 oz grains 1-2 oz bread 1/2 slice vegetables 1/4 cup fruit 1/4 cup

Grade School Serving Sizes

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

Protein content: Meat or a bean equivalent

Gluten Free (gf) Soy Free (sf)

Veggie inside entree marked with (*)

Items marked with ^ contain Allergens. See ingredient list for detail

The main grain component in each meal are "WGR" - Whole Grain Rich