

# Lunch Menu (Sept 2021)

	MON	TUE	WED	THU	FRI
			1	2	3
ENTRÉE			<b>General Tso's Chicken (WGR)</b>	<b>Broccoli Mac &amp; Cheese (WGR)^</b>	<b>Turkey Sausage Pizza (WGR)^</b>
VEGETARIAN			Ginger Honey Tofu	Broccoli Mac & Cheese	Cheese 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	<b>Tex-Mex Chicken Casserole (WGR)^</b>	<b>Spaghetti &amp; Chicken Meatballs (WGR)</b>	<b>Korean BBQ Chicken (WGR)</b>	<b>Creamy Tuscan Chicken Pasta (WGR)^</b>	<b>Chicken Tenders (WGR)</b>
VEGETARIAN	Baked Tex-Mex Casserole	Spaghetti & Veggie Meatballs	Korean BBQ Tofu	Creamy Tuscan Pasta	Vegan Tender
VEGETABLE	*Bean Puree, Tomato, Onion	*Onion, 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	<b>Creamy Tomato Turkey Mac &amp; Cheese (WGR)^</b>	<b>English Muffin Turkey Sausage Sandwich (WGR)</b>	<b>Sweet &amp; Sour Chicken (WGR)</b>	<b>Cheesy Tater-Tot Casserole (WGR)^</b>	<b>Turkey Pot Pie (WGR)</b>
VEGETARIAN	Creamy Tomato Veggie Mac and Cheese	English Muffin Veggie Sandwich	Sweet & Sour Tofu	Cheesy Tater-Tot Casserole	Roasted Veggie 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	<b>Barbecue Chicken &amp; Cheesy Potato (WGR)^</b>	<b>Turkey Orzo Risotto (WGR)</b>	<b>Butter Chicken with Rice (WGR)</b>	<b>Baked Chicken Parmesan (WGR)^</b>	<b>Chicken Tenders (WGR)</b>
VEGETARIAN	Barbecue Veggies & Cheesy Potato (WGR)	Veggie Orzo Risotto	Vegetarian Butter Tofu	Baked Veggie Parmesan	Vegan Tender
VEGETABLE	*Celery, Carrots, Onion	*Vegetable Medley	*Vegetable Medley	*Bell pepper, Carrots, Celery, Tomato, Onion	*Coleslaw Salad
FRUIT	Mandarin	Fruit Medley	Sliced Apples	Sliced Oranges	Fruit Medley
	27	 28	29	30	
ENTRÉE	<b>Spaghetti Bolognese (WGR)</b>	<b>Chicken Cacciatore with Veggies &amp; Bread Roll (WGR)^</b>	<b>Teriyaki Chicken (WGR)</b>	<b>Singapore Noodle with Turkey (WGR)</b>	
VEGETARIAN	Spaghetti with Marinara Sauce(WGR)	Veggie Cacciatore & Bread Roll	Teriyaki Tofu	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**