

## Lunch Menu (September 2020)



	MON	TUE	WED	THU	FRI
		1	2 🤗	3	4
ENTRÉE		Tortilla Soup	Vegetable Eggrolls	Tater Tot Casserole Cheesy Chicken	Focaccia White Sauce Pizza with Veggies
VEGETARIAN		Tortilla Soup	Vegetable Eggrolls	Tater Tot Casserole Cheesy Tofu	Focaccia White Sauce Pizza with Veggies
VEGETABLE		*Tomatoes, Corn, Black Beans, Onions	Cucumber Spears	**Peas and Carrots	*Pepper, Onion, Spinach
FRUIT		Cantaloupe Cubes	Sliced Apple	Watermelon Cubes	Fruit Salad Medley
	7 🤗	8	9	10	11
ENTRÉE	Turkey Melts	Creamy Broccoli and Bean Soup	Korean Beef Bowl with Rice	Pasta Marinara Veggies and Meat Sauce	Marinara Mozzarella Cheese Pizza with Veggies
VEGETARIAN	Grilled Cheese	Creamy Broccoli and Bean Soup	Korean Tofu Bowl with Rice	Pasta Marinara Veggies and Tofu Sauce	Marinara Mozzarella Cheese Pizza with Veggies
VEGETABLE	Carrot Sticks	*Broccoli, Pea, Carrot	*Zucchini, Carrots, Onions	*Zucchini, Onion, Tomatoes	*Peppers, Onions, Spinach
FRUIT	Sliced Apple	Sliced Peaches	Mandarins	Cantaloupe Cubes	Fruit Salad Medley
	14	15	16 🤗	17	18
ENTRÉE	Cheese Quesadilla	Bean Potato Soup	Sweet and Sour Chicken	Mac N Cheese with Veggies	Focaccia White Sauce Pizza with Veggies
VEGETARIAN	Cheese Quesadilla	Bean Potato Soup	Sweet and sour Tofu	Mac N Cheese with Veggies	Focaccia White Sauce Pizza with Veggies
VEGETABLE	Corn and bean salad	*White Beans, Peas, Carrots	*Carrots, Zucchini	*Peas and Carrots	*Pepper, Onion, Spinach
FRUIT	Watermelon Cubes	Sliced Orange	Sliced Apple	Sliced Pear	Fruit Salad Medley
	21	22	23	24 🤗	25
ENTRÉE	Turkey Cheese Wrap	Creamy White Bean Corn Chowder	Stir Fry Chicken with Rice	Chicken Parm Casserole	Marinara Mozzarella Cheese Pizza with Veggies
VEGETARIAN	Mediterranean Hummus Wrap	Creamy White Bean Corn Chowder	Stir Fry Tofu with Rice	Tofu Parm Casserole	Marinara Mozzarella Cheese Pizza with Veggies
VEGETABLE	*Cucumber, Tomato	*Corn, Pea and Carrot	*Zucchini, Carrots, Peas	Peas and Carrots	*Peppers, Onions, Spinach
FRUIT	Banana	Watermelon Cubes	Mandarins	Sliced Apple	Fruit Salad Medley
	28 🤗	29	30		
ENTRÉE	Pizza Grilled Cheese	Fiesta Vegetarian Chili	Chicken Pot Sticker		
VEGETARIAN	Pizza Grilled Cheese	Fiesta Vegetarian Chili	Vegetarian Pot Sticker		
VEGETABLE	*Tomato, Bell Peppers, Onions	*Tomato, Green Pepper, Onion	Cucumber and Tomato Salad		
FRUIT	Mandarins	Sliced Apple	Sliced Peaches		

**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

Gluten Free (gf)    Soy Free (sf)

Veggie inside entree marked with (\*)

All soups are served with a grain