

## Lunch Menu (Sep 2023)



	MON	TUE	WED	THU	FRI
					1
ENTRÉE					<b>Chicken Salad Sandwich</b> (WGR)^
VEGETARIAN					Chickpea Salad Sandwich
VEGETABLE					*Bell Pepper, Celery, Onion
FRUIT					Melon
	4	5	6	7	8
ENTRÉE	<b>Chicken Pasta Salad</b> (WGR)^	<b>Chicken Gumbo</b> (WGR)^	<b>Chicken Corn Dog</b> (WGR)	<b>Gen Tso Chicken &amp; Rice</b> (WGR)	<b>Chicken Sandwich</b> (WGR)^
VEGETARIAN	Chickpea Pasta Salad	Chickpea Gumbo	Vegan Hot Dog	Gen Tso Tofu & Rice	Vegan Sandwich
VEGETABLE	Celery, Raisin, Carrots	*Onion, Carrots, Mushroom, Peas	*Vegetable Medley	*Broccoli, Cauliflower, Carrot, Tomato	*Carrots
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Melon
	11	12	13	14	15
ENTRÉE	<b>Chicken Pasta Salad</b> (WGR)^	<b>Pasta Chicken Bolognese</b> (WGR)^	<b>Creamy Tomato Chicken Mac &amp; Cheese</b> (WGR)^	<b>Thai Basil Turkey Fried Rice</b> (WGR)	<b>Butter Chicken with Rice</b> (WGR)
VEGETARIAN	Vegan Pasta Salad	Pasta Vegan Bolognese	<b>Creamy Tomato Veggie Mac &amp; Cheese</b> (WGR)^	Thai Basil Tofu Fried Rice	Butter Tofu with rice
VEGETABLE	Celery, Carrots, Parsley, Chickpea	*Onion, Tomato, Carrots, Celery	*Peas, Bell Pepper, Onion	*Bell Pepper, Onion, Carrots	Tomato, Onion
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Melon
	18	19	20	21	22
ENTRÉE	<b>Chicken Corn Dog</b> (WGR)	<b>Chicken Jambalaya</b> (WGR)^	<b>Chicken Parmesan Nugget</b> (WGR)	<b>Orange Chicken &amp; Rice</b> (WGR)	<b>Chicken Stir Fry</b> (WGR)
VEGETARIAN	Vegan Hot Dog	Vegan Jambalaya	Vegan Parmesan Nugget	Orange Tofu & Rice	Tofu & Stir Fry
VEGETABLE	*Vegetable Medley	*Onion, Tomato, Celery, Bell Pepper	*Vegetable Medley	*Vegetable Medley	*Vegetable Medley
FRUIT	Banana	Sliced Oranges	Banana	Mandarin	Melon
	25	26	27	28	29
ENTRÉE	<b>Chicken Noodle Soup</b> (WGR)	<b>Creamy Tuscan Chicken Pasta</b> (WGR)^	<b>Creamy Tomato Chicken Mac &amp; Cheese</b> (WGR)^	<b>Teriyaki Chicken &amp; Rice</b> (WGR)	<b>Chicken Sandwich</b> (WGR)^
VEGETARIAN	Vegan Noodle Soup	Creamy Tuscan Pasta	<b>Creamy Tomato Veggie Mac &amp; Cheese</b> (WGR)^	Teriyaki Tofu & Rice	Vegan Sandwich
VEGETABLE	*Onion, Carrots, Parsley	*Cannellini Beans, Spinach, Bell Pepper	*Peas, Bell Pepper, Onion	*Vegetable Medley	*Carrots
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Melon

**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 - High School Serving Sizes**

Meat 2.5 oz Grains 2-3 oz Bread 1 slice Vegetables 3/4 cup Fruit 3/4 cup

Dairy Free (DF) 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