

September

Lunch Menu Elementary Schools



Vegetarian V
(includes milk and eggs)



Vegan VE



Locally Sourced

Fresh local apples and garden bar salad available daily.

Student's choice of skim or low-fat hormone-free milk provided at every meal. All grains are whole grain rich.

This menu is subject to change based upon availability

Food Celebrations

Welcome Back! Here are some exciting ways to stay engaged with your food this school year.

Super Bites - Blackberries

Daily Condiments (as available)

Ketchup, Mayo, Mustard, Ranch Dressing & Italian Dressing

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 <ul style="list-style-type: none"> Grilled Chicken Sandwich on Bun Veggie Burger on Bun V Egg Salad Sandwich V Chicken Étouffée with Brown Rice Fresh Whole Apple Red Seedless Grapes Seasoned Potato Wedges Oven Sautéed Spinach 	30 <ul style="list-style-type: none"> Spaghetti & Meat Sauce with Dinner Roll Mexican Pollo Torta Grilled Cheese Sandwich V Sun Butter & Jelly Sandwich VE Fresh Pears Applesauce Parmesan Green Beans Frijoles Ala Charro 	31 <ul style="list-style-type: none"> Cheeseburger on Bun Jamaican Jerk Chicken with Brown Rice Bean Cheese Nacho V Chicken Salad Sandwich Fresh Blueberries Roasted Broccoli and Carrots Kiwi Fruit Sw eet Plantains 	1 <ul style="list-style-type: none"> General Tso Chicken with Veggie Fried Rice Sw eet & Sour Vegetables with Grilled Chicken Dippers & Ponzu Sauce and Veggie Fried Rice Baked Tofu with Veggie Fried Rice V Hearty Garden Salad with Tortilla Chips V Sw eet & Sour Veggies Collard Greens Banana Mandarin Oranges 	2 <ul style="list-style-type: none"> Cheese Pizza V Bean & Cheese de Chile Relleno Burrito V Garden Burger V Jerk Chicken Wrap Fresh Peach Mixed Fruit Salad Sw eet Potato Wedges Caesar Side Salad
5 No School	6 <ul style="list-style-type: none"> Glorious Macaroni & Cheese with Garlic Knot V Chicken & Veggie Potstickers Veggie Lo Mein VE Hearty Garden Salad with Dinner Roll V Fresh Whole Apple Mandarin Oranges Citrus Glazed Carrots Garden Side Salad 	7 <ul style="list-style-type: none"> Cheese Pizza V BBQ Chicken & Rice with Dinner Roll Vegan BBQ Sloppy Joe VE Chicken Caesar Wrap Green Seedless Grapes Mixed Fruit Salad Parmesan Green Beans Tomato Cucumber Salad 	8 <ul style="list-style-type: none"> French Toast Stick with Turkey Sausage Patty Jambalaya with Dinner Roll Veggie Tortellini with Cheesy Breadstick V Greek Salad V Baked Cinnamon Apples Fresh Nectarine Seasoned Potato Wedges Caesar Side Salad 	9 <ul style="list-style-type: none"> BBQ Burger with Coleslaw Teriyaki Chicken Rice Bowl Mediterranean Flatbread V Tuna Salad Sandwich Oven Sautéed Spinach Coleslaw Banana Fresh Tangerine
12 <ul style="list-style-type: none"> Baked Penne With Twisted Breadstick V Tandoori Chicken with Flatbread Lentil Dal VE with Flatbread V Chicken Salad Sandwich Mandarin Oranges Kiwi Fruit Asian Cucumber & Onion Salad Aloo Palak 	13 <ul style="list-style-type: none"> Chicken Tinga Tacos Jamaican Jerk Chicken with Brown Rice & Dinner Roll Garden Burger V Spinach Salad with Dinner Roll V Banana Baked Cinnamon Apples Sw eet Plantains Seasoned Black Beans 	14 <ul style="list-style-type: none"> Cheese Pizza V Alaskan Pollock Banh Mi Tofu Fried Rice VE Sun Butter & Jelly VE Orange Wedges Red Seedless Grapes Roasted Broccoli & Carrots Caesar Side Salad 	15 <ul style="list-style-type: none"> Hot dog on Bun Teriyaki Chicken & Rice Bowl Veggie Pizza V Hearty Garden Salad with Tortilla Chips V Fresh Blueberries Diced Peaches Teriyaki Vegetables Sw eet Yellow Corn 	16 <ul style="list-style-type: none"> Grilled Chicken Sandwich on Bun Beef Enchilada Bean & Cheese Nachos V Buffalo Chicken Wrap Fresh Whole Apple Mixed Fruit Salad Mexican Roasted Sw eet Potatoes Tomato Cucumber Salad
19 <ul style="list-style-type: none"> Alaska Five-O Burger Curry Chicken with Brown Rice Veggie Pizza V Hearty Garden Salad with Tortilla Chips V Fresh Nectarine Diced Peaches Seasoned Black Beans Caesar Side Salad 	20 <ul style="list-style-type: none"> Meatloaf with Cheese & Dinner Roll Cameroon Grilled Chicken Drumstick Cameroon Rice and Beans with Flatbread Rainbow Vegan Chili with Dinner Roll VE Sunbutter & Jelly Sandwich VE Garlic Mashed Potatoes Sw eet Peas Fresh Blueberries Diced Peaches 	21 <ul style="list-style-type: none"> Chicken Cordon Bleu Burger Veggie Tortellini with Cheesy Breadstick V Bean & Cheese de Chile Relleno Burrito V Chef Salad with Dinner Roll Fresh Tangerine Mixed Fruit Salad Basil Corn Salad Sw eet Plantains 	22 <ul style="list-style-type: none"> Chicken Broccoli Alfredo Mac with Twisted Breadstick V Butter Chicken with Brown Rice V Greecian Style Flatbread V Jerk Chicken Wrap Fresh Whole Apple Green Seedless Grapes Roasted Broccoli & Carrots Garden Side Salad 	23 <ul style="list-style-type: none"> Buffalo Chicken Pizza Zesty Orange Pollock Rice Bowl Garden Veggie Wrap VE Chicken Salad Sandwich Fresh Pears Applesauce Collard Greens Stewed Okra
26 <ul style="list-style-type: none"> Hamburger on Bun Mumbo Tofu with Brown Rice V Bean & Cheese Nachos V Buffalo Chicken Wrap Fresh Tangerine Kiwi Fruit Mexican Corn Sw eet Plantains 	27 <ul style="list-style-type: none"> Chicken Parm Pasta with Garlic Knot Baked Penne Pasta with Garlic Knot V Vegan BBQ Sloppy Joe VE Classic Hummus Box VE Banana Diced Peaches Parmesan Green Beans Caesar Salad 	28 <ul style="list-style-type: none"> Herb de Provence Drumstick with Dinner Roll Enchilada Suiza Veggie Lo Mein VE Spinach Salad w / Flatbread V Green Seedless Grapes Applesauce Oven Sautéed Spinach Garlic Mashed Potatoes 	29 <ul style="list-style-type: none"> Buffalo Chicken Pizza Cauliflower, Chickpea, & Potato Curry with Brown Rice V Veggie Burger V Chicken Caesar Wrap Fresh Blueberries Mandarin Oranges Curry Vegetable Seasoned Potato Wedges 	30 <ul style="list-style-type: none"> BBQ Mac & Cheese V Chana Masala with Brown Rice V Vegetarian Paella with Edamame with Baked Tofu & Flatbread V Hearty Garden Salad with Tortilla Chips V Fresh Peach Mixed Fruit Salad Parmesan Green Beans Aloo Palak