



Serving It Safe -- In School and At Home

September School Lunch

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|---|--|---|--|--|--|--|--|---|--|
| <p><i>Welcome Back</i></p> | | | | <p>1 Lemon Pepper Chix over a bed of rice pilaf Fresh Zucchini Fresh Seasonal Fruit</p> | | <p>2 Baked Meatloaf Country Gravy Roasted Red Potatoes Fresh Seasonal Fruit Oatmeal Bread</p> | | <p>3 Jumbo Cheese Raviolis topped with Marinara Fresh Vegetable Medley Whole Wheat Roll</p> | |
| | | <p>€ </p> | | <p>7 Beef Taco with Cheddar Cheese Brown Rice & Beans Corn Mexicali Fresh Seasonal Fruit Tortilla</p> | | <p>8 Chicken Breast on a Bed of lettuce with Tomatoes Broccoli Slaw Mayo PC Whole Wheat Bread</p> | | <p>9 All Beef Hamburger Fresh Carrots Fresh Watermelon Ketchup Whole Wheat HB Roll</p> | |
| <p>13 Baked Chicken with BBQ Sauce Brown Rice Fresh Carrots Chilled Pineapple</p> | | <p>14 Green Salad with Turkey & Cheese LF Dressing Fresh Seasonal Fruit Whole Wheat Roll</p> | | <p>15 Southern Style Sheppard's Pie LS Gravy Fresh Vegetable Medley Oatmeal Bread</p> | | <p>16 Lunch in Little Italy Chicken Parm Buttered Fussili Pasta Fresh Broccoli Whole Wheat Bread</p> | | <p>17 Roast Turkey Whipped Potato Green Beans Chilled Fruit Whole Wheat Roll</p> | |
| <p>20 Chicken Cutlet with Sauce Whipped Potato Fresh Carrots Fresh Seasonal Fruit Whole Wheat Bread</p> | | <p>21 Sweet & Sour Meatballs Over Brown Rice Kernel Corn with Red Peppers Apple Sauce</p> | | <p>22 Cheese Tortellini with Marinara Sauce Green Beans Fresh Seasonal Fruit Whole Wheat Roll</p> | | <p>23 North End Style Stuffed Pizza Steamed Broccoli Fresh Seasonal Fruit</p> | | <p>24 Grilled Chicken Caesar Saald Orzo Pasta Salad Croutons & Dressing Fresh Melon Whole Wheat Pita</p> | |
| <p>27 Chicken Stir Fry with onions & peppers Brown Rice Oriental Blend Vegetables Mandarin Oranges Menu subject to change without notice</p> | | <p>28 Whole Wheat Pasta with Meat Sauce Fresh Summer Squash Seasonal Fresh Fruit Whole Wheat Bread</p> | | <p>29 Shaved Rst Beef Cucumber Wheels LF Ranch Dressing Fresh Seasonal Fruit Mayo PC Whole Wheat Wrap</p> | | <p>30 Baked Chili Mac Pasta with Cheese Steamed Broccoli Fresh Seasonal Fruit Multi Grain Bread</p> | | <p> Meal served with 8oz Milk</p> | |