



September K-8 Lunch Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast Turkey Sausage, WG French Toast, Sweet Potato Hash, Fruit, Syrup</p> <p style="text-align: right;">2</p>	<p>Whole Grain Rotini Abruzzi w/Italian Chicken Sausage, Peppers & Kale, Fruit</p> <p style="text-align: right;">3</p>	<p>Philly Steak & Cheese Sub, on WG Sub Roll, Tater Tots, Fruit, Ketchup</p> <p style="text-align: right;">4</p>	<p>Whole Grain Cheese Pizza, Mixed Vegetables, Fruit</p> <p style="text-align: right;">5</p>	<p>Popcorn Chicken, Brown Rice, Carrots, Fruit, Sweet & Sour Dipping Sauce</p> <p style="text-align: right;">6</p>
<p>Turkey Bolognese w/ Parmesan Cheese, WG Pasta, Cheesy Broccoli, Fruit</p> <p style="text-align: right;">9</p>	<p>Creamy Cajun Chicken, Brown Rice, Green Beans w/Red Peppers, Fruit</p> <p style="text-align: right;">10</p>	<p>Whole Grain Cheese Enchiladas w/Tomato Sauce, Brown Rice & Beans, Black Beans & Corn, Fruit</p> <p style="text-align: right;">11</p>	<p>Whole Grain Cheese Pizza, Carrots, Fruits</p> <p style="text-align: right;">12</p>	<p>Beef Tacos w/Cheese, Whole Grain Soft Tortilla, Corn w/ Peppers, Fruit</p> <p style="text-align: right;">13</p>
<p>Chicken Teriyaki Drumstick, Whole Grain Brown Rice, Mixed Vegetables, Fruit</p> <p style="text-align: right;">16</p>	<p>BBQ Beef Tip Sub w/Cheese on WG Sub Roll, Baked Beans, Fruit</p> <p style="text-align: right;">17</p>	<p>Cheesy Baked Turkey Meatballs w/WG Ziti & Spinach, Fruit</p> <p style="text-align: right;">18</p>	<p>Whole Grain Cheese Pizza, Green Beans, Fruit</p> <p style="text-align: right;">19</p>	<p>Buffalo Chicken Sandwich, on WG Pretzel Bun, Potato Wedges, Fruit, Ketchup</p> <p style="text-align: right;">20</p>
<p>Whole Grain Cheese Quesadilla, Mixed Vegetables, Fruit, Sour Cream</p> <p style="text-align: right;">23</p>	<p>Asian Peach Glazed Chicken Rice Bowl, w/ /Stir Fried Brown Rice & Broccoli, Fruit</p> <p style="text-align: right;">24</p>	<p>Chicken Nachos, WG Baked Tortilla Chips, Black Beans & Corn, Fruit</p> <p style="text-align: right;">25</p>	<p>Whole Grain Cheese Pizza, Carrots, Fruit</p> <p style="text-align: right;">26</p>	<p>BBQ Chicken Drumsticks, Whole Grain Brown Rice, Baked Beans, Fruit</p> <p style="text-align: right;">27</p>
<p>Corn Dogs, Baked Beans, Fruit</p> <p style="text-align: right;">30</p>				

