



**St. Richard's
Episcopal School**

Lunch Menu • September 2023



Offered Daily

**Full Salad and Deli Station with:
Turkey, Ham, Sunbutter & Jelly
Fresh Salads, Fresh Cut Vegetables,
Fresh Fruit and More.**

**1% Milk
Fruit Infused Water**

***Indicates Vegetarian Option**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

September 1

Meatloaf
Mashed Potatoes*
Green Beans*
Pineapple*
Veggie Meatloaf*

September 4

**No
School
Labor Day**

September 5

BBQ Meatballs
Garlic Toast*
Peas & Carrots*
Peaches*
Veggie BBQ Meatballs*

September 6

Pozole
Zucchini & Squash*
Cinnamon Applesauce*
Veggie Pozole*

September 7

Croque Monsieur
Tomato & Cucumber
Salad*
Roast Potatoes*
Watermelon*
Veggie Croque Monsieur*

September 8

Tortellini Marinara*
Breadsticks*
Asparagus*
Grapes*

September 11

Texas Straw Hats
Black Bean & Corn Salsa*
Mexican Rice*
Tropical Fruit*
Veggie Straw Hats*

September 12

Hamburgers
French Fries*
Roast Carrots*
Mixed Fruit*
Veggie Burgers*

September 13

Loaded Potato Soup*
Pretzel Roll*
Corn*
Pears*

September 14

Chicken Tenders
Mac & Cheese*
Cauliflower*
Orange Wedges*
Tofu Tenders*

September 15

Beef Stroganoff
Brussels Sprouts*
Applesauce*
Mushroom Stroganoff*

September 18

Pork Potstickers
Vegetable Fried Rice*
Broccoli*
Mandarin Oranges*
Roast Tofu*

September 19

Chicken Patty Sandwich
Waffle Fries*
Peas & Carrots*
Grapes*
Veggie Patty*

September 20

Broccoli & Cheddar Soup*
Dinner Roll*
Tomato & Cucumber
Salad*
Watermelon*

September 21

Chicken Quesadilla
Black Beans*
Mexican Rice*
Tropical Fruit*
Cheese Quesadilla*

September 22

Pancakes*
Turkey Sausage Links*
Roast Potatoes*
Scrambled Eggs*
Orange Wedges*
Veggie Sausage*

September 25

Spaghetti & Meat Sauce
Garlic Toast*
Asparagus*
Peaches*
Spaghetti Marinara*

September 26

Maid-Rite Sandwich
Green Beans*
French Fries*
Mixed Fruit*
Veggie Maid-Rite Sandwich*

September 27

Grilled Cheese*
Tomato Soup*
Mixed Vegetables*
Applesauce*

September 28

Chicken Pot Pie
Brussels Sprouts*
Pears*
Veggie Pot Pie*

September 29

Fish &
Chips*
Coleslaw*
Grapes*
Roast Portabella*