



Lunch Menu • September 2020



**Available Daily**

**Hot Entrée**  
**Vegetarian Entrée\***  
**Sack Lunch**  
**Chef Salad**  
**Vegetarian Salad**

**1% Milk or Water**



**MONDAY**

August 31

Chicken Tenders  
 Potato Wedges\*  
 Mixed Vegetables\*

Tofu Tenders\*

**TUESDAY**

September 1

Beef Taco's  
 Black Bean and Corn Salsa  
 Cinnamon Applesauce\*

Veggie Taco's\*

**WEDNESDAY**

September 2

Chicken Parmesan  
 Mixed Vegetable\*  
 Pineapple\*

Eggplant Parmesan\*

**THURSDAY**

September 3

Beef Stroganoff  
 Peas & Carrots\*  
 Pears\*

Mushroom Stroganoff\*

**FRIDAY**

September 4

French Toast Sticks  
 Turkey Sausage\*  
 Hash Brown Patty\*

French Toast Sticks\*

September 7

No School

September 8

Sweet and Sour Chicken  
 Over White Rice  
 Broccoli\*  
 Orange Wedges\*

Sweet and Sour Tofu\*

September 9

Cheese Manicotti  
 Zucchini & Squash\*  
 Pears\*

Cheese Manicotti\*

September 10

Chicken Sandwich  
 Pub Chips\*  
 Cantaloupe\*

Roasted Portabella  
 Mushroom\*

September 11

BBQ Meat Balls  
 Broccoli\*  
 Grapes\*

Veggie Meat Balls\*

September 14

Texas Straw Hats  
 Corn & Bean Salsa  
 Zucchini & Squash

Veggie Straw Hat\*

September 15

Chicken Pot Pie  
 Cauliflower\*  
 Peaches\*

Veggie Pot Pie\*

September 16

Pork Loin  
 Roasted Potatoes\*  
 Green Peas\*

Roast Portabella Sandwich\*

September 17

Spaghetti & Meat Sauce  
 Green Beans\*  
 Garlic Bread\*

Spaghetti & Marinara\*

September 18

Roast Turkey  
 Roasted Potatoes  
 Mixed Vegetable\*

Veggie Hummus Wrap\*

September 21

Pepperoni & Cheese  
 Bosco Sticks  
 Broccoli\*  
 Grapes\*

Cheese Bosco Sticks\*

September 22

Chicken Quesadilla  
 Mexican Rice\*  
 Pineapple\*

Cheese Quesadilla\*

September 23

Meatloaf  
 Mashed Potato\*  
 Green Beans\*

Vegetarian Meatloaf\*

September 24

Boneless Wings  
 Honey Glazed Carrots\*  
 Pineapple\*

Tofu Wings\*

September 25

Chili Mac  
 Mixed Vegetable\*  
 Orange Slices\*

Cheese Tortellini\*

September 28

Chicken Alfredo  
 Peas & Carrots\*  
 Tropical Fruit\*

Fettuccini Alfredo\*

September 29

Beef Stir Fry over  
 White Rice\*  
 Broccoli\*  
 Cantaloupe\*

Veggie Stir Fry\*

September 30

Sloppy Joes  
 Tots  
 Cole slaw\*  
 Watermelon

Veggie Sloppy Joe\*

September 31

Hamburger  
 Baked Beans\*  
 Watermelon\*

Veggie Burger\*

October 1

Fish Sticks  
 Potato Triangles\*  
 Mixed Vegetables\*

Macaroni and Cheese\*