

## September Lunch

**NO FRIED FOODS!!**

Monday, August 30, 2021	Tuesday, August 31, 2021	Wednesday, September 1, 2021	Thursday, September 2, 2021	Friday, September 3, 2021
Swedish Meatballs Wheat Bread Peas and Carrots Cantaloupe <b><u>V, Vegan, DF, EF, GF:</u></b> <b><u>Veggie Meatballs</u></b> <b><u>GF: GF Bread</u></b>	Spaghetti w/ Meat Sauce - <b><u>DF, EF</u></b> Green Beans Bananas <b><u>V: Cheesy Italian Pasta</u></b> <b><u>Vegan: Pasta Marinara &amp; Vegan Cheese</u></b> <b><u>GF: Entrée w/ GF Pasta</u></b>	Turkey Sloppy Joes - <b><u>DF, EF</u></b> Dinner Roll Sliced Carrots Honey Dew <b><u>V, Vegan: Lentil &amp; Bean Sloppy Joe</u></b> <b><u>GF: GF Bread</u></b>	Pasta Alfredo - <b><u>V, EF</u></b> Broccoli Watermelon <b><u>DF, Vegan: Pasta Marinara w/ Vegan Cheese</u></b> <b><u>GF: GF Pasta Alfredo</u></b>	Pizza Day - <b><u>V, EF</u></b> Flour Pizza Crust Cucumbers Fruit Salad <b><u>DF: Pizza w/Turkey Pepperoni</u></b> <b><u>GF: Gluten Free Pizza w/ Cheese</u></b> <b><u>Vegan: Pizza w/ Vegan Cheese</u></b>
Monday, September 6, 2021	Tuesday, September 7, 2021	Wednesday, September 8, 2021	Thursday, September 9, 2021	Friday, September 10, 2021
Cheesy Italian Pasta <b><u>V, EF</u></b> Sliced Carrots Honey Dew <b><u>Vegan, DF: Pasta Marinara &amp; Vegan Cheese</u></b> <b><u>GF: Entrée w/ GF Pasta</u></b>	Red Pepper Chicken - <b><u>EF, GF</u></b> Whole Grain Brown Rice Peas and Carrots Cantaloupe <b><u>V, Vegan: Tofu w/ DF Sauce</u></b> <b><u>DF: Chicken w/ DF Sauce</u></b>	Mama's Bolognese DF, EF Cauliflower Watermelon <b><u>V, Vegan: Pasta w/ Vegetable Ragu</u></b> <b><u>GF: Entrée w/ GF Pasta</u></b>	Turkey Gyros - <b><u>DF, EF</u></b> Pita Bread (Tzatziki on the side) Green Beans Bananas <b><u>V, Vegan: Chickpea and Veggie Gyros</u></b> <b><u>GF: Entrée w/ Corn Tortilla</u></b>	BBQ Chicken - DF, EF Wheat Bread Cucumbers Fruit Salad <b><u>V, Vegan: BBQ Tofu</u></b> <b><u>GF: Gluten Free Bread</u></b>
Monday, September 13, 2021	Tuesday, September 14, 2021	Wednesday, September 15, 2021	Thursday, September 16, 2021	Friday, September 17, 2021
Pasta Fagioli - <b><u>V, Vegan, DF, EF</u></b> (Cheese on the Side) Peas and Carrots Cantaloupe <b><u>GF: Entrée w/ GF Pasta</u></b>	Taco Tuesday! Flour Tortillas Lettuce, Salsa Bananas <b><u>V, Vegan: Veggie &amp; Bean Taco</u></b> <b><u>GF: Entrée with Corn Tortilla</u></b>	Cheesy Chili Mac - <b><u>EF</u></b> Broccoli Watermelon <b><u>V, Vegan: Vegan Chili Mac</u></b> <b><u>DF: Dairy Free Chili Mac</u></b> <b><u>GF: Entrée w/ GF Pasta</u></b>	Turkey Meatloaf - <b><u>EF, GF</u></b> Wheat Bread Green Beans Pineapple <b><u>V, Vegan, DF - Veggie Patty</u></b>	Pizza Day - <b><u>V, EF</u></b> Flour Pizza Crust Cucumbers Fruit Salad <b><u>DF: Pizza w/Turkey Pepperoni</u></b> <b><u>GF: Gluten Free Pizza w/ Cheese</u></b> <b><u>Vegan: Pizza w/ Vegan Cheese</u></b>
Monday, September 20, 2021	Tuesday, September 21, 2021	Wednesday, September 22, 2021	Thursday, September 23, 2021	Friday, September 24, 2021
Meatball Slider Dinner Roll Sliced Carrots Honey Dew <b><u>V, Vegan, DF, EF: Tofu Slider</u></b> <b><u>GF: Tofu Slider w/ GF Bread</u></b>	Mega Mac & Cheese <b><u>V, EF</u></b> Broccoli Watermelon <b><u>GF: GF Pasta w/ GF Sauce</u></b> <b><u>Vegan, DF: Cheesy Vegan Pasta</u></b>	Turkey Burgers - <b><u>DF, EF</u></b> Dinner Roll Peas and Carrots Bananas <b><u>V, Vegan: Veggie Burger</u></b> <b><u>GF: GF Bread</u></b>	Chicken Jambalaya - <b><u>DF, EF, GF</u></b> Whole Grain Brown Rice Cauliflower Cantaloupe <b><u>V, Vegan: Tofu Jambalaya</u></b>	Pasta Alfredo - <b><u>V, EF</u></b> Cucumbers Fruit Salad <b><u>DF, Vegan: Pasta Marinara w/ Vegan Cheese</u></b> <b><u>GF: GF Pasta Alfredo</u></b>
Monday, September 27, 2021	Tuesday, September 28, 2021	Wednesday, September 29, 2021	Thursday, September 30, 2021	Friday, October 1, 2021
Spaghetti and Meatballs Peas and Carrots Honey Dew <b><u>V, Vegan, DF, EF:</u></b> <b><u>Spaghetti w/ Tofu, Marinara</u></b> <b><u>GF: GF Pasta w/ Tofu Marinara</u></b>	Chicken Pot Pie Dinner Roll Cauliflower Pineapple <b><u>V, Vegan - Tofu Veggie Bowl</u></b> <b><u>DF/GF- Chicken Veggie Bowl</u></b>	Turkey Chili - <b><u>DF, EF</u></b> Wheat Bread Green Beans Watermelon <b><u>V, Vegan - Three Bean Chili</u></b> <b><u>GF: GF Bread</u></b>	Red Pepper Turkey - <b><u>EF, GF</u></b> Whole Grain Brown Rice Sliced Carrots Bananas <b><u>V, Vegan: Tofu w/ DF Sauce</u></b> <b><u>DF: Turkey w/ DF Sauce</u></b>	Pizza Day - <b><u>V, EF</u></b> Flour Pizza Crust Cucumbers Fruit Salad <b><u>DF: Pizza w/Turkey Pepperoni</u></b> <b><u>GF: Gluten Free Pizza w/ Cheese</u></b> <b><u>Vegan: Pizza w/ Vegan Cheese</u></b>