



# September Lunch

**NO FRIED FOODS!!**

Monday, September 04, 2023	Tuesday, September 05, 2023	Wednesday, September 06, 2023	Thursday, September 07, 2023	Friday, September 08, 2023
<b>Happy Labor Day!</b>	Mega Mac & Cheese - <u><b>V, EF</b></u> Pasta Peas and Carrots Honey Dew <u><b>GF: GF Pasta w/ GF Sauce</b></u> <u><b>Vegan, DF: Cheesy Vegan</b></u> Pasta	Turkey Sloppy Joes - <u><b>DF, EF</b></u> Dinner Roll Green Beans Watermelon <u><b>V, Vegan: Lentil &amp; Bean Sloppy Joe</b></u> <u><b>GF: Gluten Free Bread</b></u>	Maui Chicken - <u><b>DF, EF, GF</b></u> White Rice Broccoli Pineapple <u><b>V, Vegan: Maui Tofu</b></u>	Pizza Day - <u><b>V, EF</b></u> Flour Pizza Crust Cucumbers Fruit Salad <u><b>DF: Pizza w/Turkey Pepperoni</b></u> <u><b>GF: Gluten Free Pizza w/ Cheese</b></u> <u><b>Vegan: Pizza w/ Vegan Cheese</b></u>
Monday, September 11, 2023	Tuesday, September 12, 2023	Wednesday, September 13, 2023	Thursday, September 14, 2023	Friday, September 15, 2023
Spaghetti w/ Meat Sauce - <u><b>DF, EF</b></u> Spaghetti Peas and Carrots Cantaloupe <u><b>V: Cheesy Italian Pasta</b></u> <u><b>Vegan: Pasta Marinara Vegan Cheese</b></u> <u><b>GF: Entrée w/ GF Pasta</b></u>	Taco Tuesday! - <u><b>EF</b></u> Flour Tortillas Lettuce, Salsa Bananas <u><b>V, Vegan: Veggie &amp; Bean Taco</b></u> <u><b>GF: Corn Tortilla</b></u>	Chicken Jambalaya - <u><b>DF, EF, GF</b></u> Whole Grain Brown Rice Sliced Carrots Watermelon <u><b>V, Vegan: Tofu Jambalaya</b></u>	Turkey Gyros - <u><b>EF</b></u> Pita Bread (Tzatziki on the side) Cauliflower Honey Dew <u><b>V, Vegan: Chickpea and</b></u> <u><b>Veggie Gyros</b></u> <u><b>GF: Corn Tortilla</b></u>	Meatball Slider Dinner Roll Cucumbers Fruit Salad <u><b>V, Vegan, DF, EF: Tofu Slider</b></u> <u><b>GF: Tofu Slider w/GF Bread</b></u>
Monday, September 18, 2023	Tuesday, September 19, 2023	Wednesday, September 20, 2023	Thursday, September 21, 2023	Friday, September 22, 2023
Pasta Alfredo - <u><b>V, EF</b></u> Pasta Peas and Carrots Honey Dew <u><b>DF, Vegan: Pasta Marinara w/</b></u> <u><b>Vegan Cheese</b></u> <u><b>GF: GF Pasta Alfredo</b></u>	Chicken Teriyaki - <u><b>DF, EF, GF</b></u> White Rice Broccoli Bananas <u><b>V, Vegan: Tofu Teriyaki</b></u>	Turkey Chili - <u><b>DF, EF</b></u> French Bread Cauliflower Pineapple <u><b>V, Vegan: Three Bean Chili</b></u> <u><b>GF: Gluten Free Bread</b></u>	Philly Chicken Cheesesteak - <u><b>EF</b></u> Mini Hoagie Peppers and Onions Watermelon <u><b>DF: DF Chicken Cheesesteak</b></u> <u><b>V, Vegan: Veggie Bean Cheesesteak</b></u> <u><b>GF: Corn Tortilla</b></u>	Pizza Day - <u><b>V, EF</b></u> Flour Pizza Crust Cucumbers Fruit Salad <u><b>DF: Pizza w/Turkey Pepperoni</b></u> <u><b>GF: Gluten Free Pizza w/ Cheese</b></u> <u><b>Vegan: Pizza w/ Vegan Cheese</b></u>
Monday, September 25, 2023	Tuesday, September 26, 2023	Wednesday, September 27, 2023	Thursday, September 28, 2023	Friday, September 29, 2023
Swedish Meatballs Wheat Bread Peas and Carrots Honey Dew <u><b>V, Vegan, DF, EF, GF:</b></u> <u><b>Veggie Meatballs</b></u> <u><b>GF: Gluten Free Bread</b></u>	Chicken Fajitas - <u><b>DF, EF</b></u> Flour Tortillas Peppers and Onions Bananas <u><b>V, Vegan: Black Bean Fajitas</b></u> <u><b>GF: Entrée w/ corn tortilla</b></u>	Mama's Bolognese - <u><b>DF, EF</b></u> Pasta Sliced Carrots Cantaloupe <u><b>V, Vegan: Pasta w/ Vegetable Ragu</b></u> <u><b>GF: Entrée w/ GF Pasta</b></u>	Cheesy Chicken Broccoli - <u><b>EF, GF</b></u> Whole Grain Brown Rice Broccoli Watermelon <u><b>DF: DF Chicken Broccoli Casserole</b></u> <u><b>V, Vegan: Tofu Broccoli Casserole</b></u>	BBQ Pulled Chicken - <u><b>DF, EF</b></u> Dinner Roll Cucumbers Fruit Salad <u><b>V, Vegan: BBQ Tofu</b></u> <u><b>GF: Gluten Free Bread</b></u>