



September Lunch

NO FRIED FOODS!!

Monday, September 01, 2025	Tuesday, September 02, 2025	Wednesday, September 03, 2025	Thursday, September 04, 2025	Friday, September 05, 2025
Happy Labor Day!	Pasta Alfredo - <u>V, EF</u> Pasta Peas and Carrots Honeydew <u>DF, Vegan: Pasta Marinara Vegan Cheese</u> <u>GF: GF Pasta Alfredo</u>	BBQ Beef Meatballs White Rice Vegan Cole Slaw Bananas <u>V, Vegan, DF, EF, GF: BBQ Veggie Meatballs</u>	Chicken Chickpea Gyros - <u>EF</u> Pita Bread Broccoli Watermelon <u>V, Vegan, DF: Chickpea and Veggie Gyros</u> <u>GF: Whole Grain Brown Rice</u>	Pizza Day - <u>V, EF</u> Flour Pizza Crust Cucumbers Fruit Salad <u>DF: Pizza w/Turkey Pepperoni</u> <u>GF: Gluten Free Pizza w/ Cheese</u> <u>Vegan: Pizza w/ Vegan Cheese</u>
Monday, September 08, 2025	Tuesday, September 09, 2025	Wednesday, September 10, 2025	Thursday, September 11, 2025	Friday, September 12, 2025
Creamy Pesto Pasta - <u>V, EF</u> Pasta Sliced Carrots Cantaloupe <u>DF, Vegan: DF Pesto Pasta w/ Vegan Cheese</u> <u>GF: GF Creamy Pesto Pasta</u>	Cheesy Chicken Broccoli - <u>EF, GF</u> Whole Grain Brown Rice Broccoli Bananas <u>V, Vegan, DF: Tofu Broccoli Casserole</u>	Turkey Lentil Sloppy Joes - <u>DF, EF</u> Dinner Roll Peas and Carrots Honeydew <u>V, Vegan: Lentil & Bean Sloppy Joe</u> <u>GF: White Rice</u>	Swedish Beef Meatballs Mashed Potatoes Cucumber Dill Salad Watermelon <u>V, Vegan, DF, EF, GF: Veggie Meatballs</u> <u>Vegan, DF: Roasted Potatoes</u>	Pepperoni Pizza Pasta - <u>EF</u> Pasta Cauliflower Fruit Salad <u>V, Vegan, DF: Veggie Pizza Pasta</u> <u>GF: GF Veggie Pizza Pasta</u>
Monday, September 15, 2025	Tuesday, September 16, 2025	Wednesday, September 17, 2025	Thursday, September 18, 2025	Friday, September 19, 2025
Pasta Fagioli - <u>V, Vegan, DF, EF</u> (Parmesan Cheese on the Side) Sliced Carrots Honey Dew <u>GF: Entrée w/ GF Pasta</u>	Chicken Fajitas - <u>DF, EF</u> Flour Tortillas Cauliflower Bananas <u>V, Vegan: Bean Fajitas</u> <u>GF: Corn Tortilla</u>	Red Pepper Turkey - <u>EF, GF</u> Whole Grain Brown Rice Balsamic Green Bean Salad Cantaloupe <u>V, Vegan, DF: Tofu w/ DF Sauce</u>	Cheesy Chicken Philly - <u>EF</u> Mini Hoagie Broccoli Pineapple <u>V, Vegan, DF: White Bean Philly</u> <u>GF: White Rice</u>	Pizza Day - <u>V, EF</u> Flour Pizza Crust Cucumbers Fruit Salad <u>DF: Pizza w/Turkey Pepperoni</u> <u>GF: Gluten Free Pizza w/ Cheese</u> <u>Vegan: Pizza w/ Vegan Cheese</u>
Monday, September 22, 2025	Tuesday, September 23, 2025	Wednesday, September 24, 2025	Thursday, September 25, 2025	Friday, September 26, 2025
Mega Mac & Cheese - <u>V, EF</u> Pasta Green Beans Honeydew <u>GF: GF Pasta w/ Cheese Sauce</u> <u>Vegan, DF: Cheesy Vegan Pasta</u>	Turkey Taco Tuesday! - <u>EF</u> Flour Tortillas Lettuce, Salsa Bananas <u>V, Vegan: Veggie & Bean Taco</u> <u>GF: Corn Tortilla</u>	Teriyaki Chicken - <u>DF, EF, GF</u> Vegetable Rice Pineapple <u>V, Vegan: Tofu Teriyaki</u>	HOK Hearty Turkey Chili - <u>DF, EF</u> French Bread Carrots, Peppers, Onions Watermelon <u>V, Vegan: Three Bean Chili</u> <u>GF: Gluten Free Bread</u>	Chicken Parmesan Sub - <u>EF</u> Mini Hoagie Sliced Carrots Fruit Salad <u>V, Vegan, DF: Veggie Meatball Sub</u> <u>GF: Whole Grain Brown Rice</u>

All meals prepared in a facility that handles wheat and wheat-based products