



September Menu

NO FRIED FOODS!!

Monday, August 31, 2026	Tuesday, September 1, 2026	Wednesday, September 2, 2026	Thursday, September 3, 2026	Friday, September 4, 2026
Mega Mac & Cheese - <u>V, EF</u> Pasta Sliced Carrots Honeydew <u>GF: GF Pasta w/ Cheese Sauce</u> <u>Vegan, DF: Cheesy Vegan Pasta</u>	Chicken Fajitas - <u>DF, EF</u> Flour Tortillas Broccoli Bananas <u>V, Vegan: Bean Fajitas</u> <u>GF: Corn Tortilla</u>	Turkey Paella - <u>DF, EF, GF</u> Turmeric Rice Cauliflower Cantaloupe <u>V, Vegan: Tofu Paella</u>	BBQ Meatballs Dinner Roll Green Beans Watermelon <u>V, Vegan, DF, EF, GF: BBQ Veggie Meatballs</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 7, 2026	Tuesday, September 8, 2026	Wednesday, September 9, 2026	Thursday, September 10, 2026	Friday, September 11, 2026
Labor Day	Pasta Alfredo - <u>V, EF</u> Pasta Sliced Carrots Honeydew <u>DF, Vegan: Pasta Marinara Vegan Cheese</u> <u>GF: GF Pasta Alfredo</u>	Turkey Lentil Sloppy Joes - <u>DF, EF</u> Dinner Roll Cucumber Watermelon Salad <u>V, Vegan: Lentil & Bean Sloppy Joe</u> <u>GF: White Rice</u>	Chicken Verde - <u>DF, EF, GF</u> White Rice Cauliflower Pineapple <u>V, Vegan: Black Bean Salad</u>	Chicken Parmesan Sub - <u>EF</u> Mini Hoagie Green Beans Fruit Salad <u>V, Vegan, DF: Veggie Meatball Sub</u> <u>GF: Whole Grain Brown Rice</u>
Monday, September 14, 2026	Tuesday, September 15, 2026	Wednesday, September 16, 2026	Thursday, September 17, 2026	Friday, September 18, 2026
Cheesy Red Pepper Pasta - <u>V, EF</u> Pasta Peas and Carrots Honeydew <u>Vegan, DF: Chickpea Pasta w/ DF Red Pepper Sauce</u> <u>GF: GF Cheesy Red Pepper Pasta</u>	Turkey Taco Tuesday! - <u>EF</u> Flour Tortillas Lettuce, Salsa, Cheese Bananas <u>V, Vegan: Veggie & Bean Taco</u> <u>GF: Corn Tortilla</u>	Cheesy Chicken Philly - <u>EF</u> Mini Hoagie Sliced Carrots Cantaloupe <u>V, Vegan, DF: White Bean Philly</u> <u>GF: White Rice</u>	Swedish Meatballs Mashed Potatoes Green Beans Watermelon <u>V, Vegan, DF, EF, GF: Veggie Meatballs</u> <u>Vegan, DF: Roasted Potatoes</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 21, 2026	Tuesday, September 22, 2026	Wednesday, September 23, 2026	Thursday, September 24, 2026	Friday, September 25, 2026
Mama's Bolognese - <u>DF, EF</u> Pasta Sliced Carrots Honeydew <u>V, Vegan: Pasta Marinara Vegan Cheese</u> <u>GF: Entrée w/ GF Pasta</u>	Teriyaki Chicken - <u>DF, EF, GF</u> Vegetable Rice (Peas and Carrots) Bananas <u>V, Vegan: Tofu Teriyaki</u>	Italian Meatball Sub Mini Hoagie Green Beans Cantaloupe <u>V, Vegan, DF, EF, GF: Veggie Meatball Sub</u> <u>GF: Whole Grain Brown Rice</u>	Chicken Chickpea Gyros - <u>EF</u> Pita Bread Broccoli Pineapple <u>V, Vegan, DF: Chickpea and Veggie Gyros</u> <u>GF: Whole Grain Brown Rice</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 28, 2026	Tuesday, September 29, 2026	Wednesday, September 30, 2026	Thursday, October 1, 2026	Friday, October 2, 2026
Creamy Pesto Pasta - <u>V, EF</u> Pasta Peas and 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>	Meatball Slider Dinner Roll Cauliflower Honeydew <u>V, Vegan, DF, EF: Tofu Slider</u> <u>GF: Tofu Slider w/ GF Bread</u>	Turkey Meatloaf - <u>EF, GF</u> Wheat Bread Green Beans Watermelon <u>V, Vegan, DF - Veggie Patty</u> <u>GF: Gluten Free Bread</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>