

September Lunch

NO FRIED FOODS!!

Monday, September 2, 2024	Tuesday, September 3, 2024	Wednesday, September 4, 2024	Thursday, September 5, 2024	Friday, September 6, 2024
	Mega Mac & Cheese - V, EF	BBQ Chicken Quinoa - DF, EF	Turkey Meatloaf - EF, GF	Pizza Day - V, EF
	Pasta	Dinner Roll	Wheat Bread	Flour Pizza Crust
Happy Labor Day!	Peas and Carrots	Cauliflower	Green Beans	Cucumbers
	Honeydew	Cantaloupe	Watermelon	Fruit Salad
	GF: GF Pasta w/ Cheese Sauce	V, Vegan: BBQ Tofu	V, Vegan, DF - Veggie Patty	DF: Pizza w/Turkey Pepperoni
	Vegan, DF: Cheesy Vegan Pasta	GF: Whole Grain Brown Rice	GF: Gluten Free Bread	GF: Gluten Free Pizza w/ Cheese
				Vegan: Pizza w/ Vegan Cheese
Monday, September 9, 2024	Tuesday, September 10, 2024	Wednesday, September 11, 2024	Thursday, September 12, 2024	Friday, September 13, 2024
Meatball Slider	Chicken Chickpea Gyros - <u>EF</u>	Turkey Paella - DF, EF, GF	Cheesy Chicken Philly - EF	Pasta Alfredo - V, EF
Dinner Roll	Pita Bread	Turmeric Rice	Mini Hoagie	Pasta
Sliced Carrots	Green Beans	Peas and Carrots	Broccoli	Cucumbers
Honey Dew	Bananas	Cantaloupe	Watermelon	Fruit Salad
V, Vegan, DF, EF: Tofu Slider	V, Vegan, DF: Chickpea and Veggie Gyros	V, Vegan: Tofu Paella	DF: DF Chicken Philly	DF, Vegan: Pasta Marinara Vegan Cheese
GF: Tofu Slider w/GF Bread	GF: Whole Grain Brown Rice		V, Vegan: White Bean Philly	GF: GF Pasta Alfredo
			GF: White Rice	
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Monday, September 16, 2024	Tuesday, September 17, 2024	Wednesday, September 18, 2024	Thursday, September 19, 2024	Friday, September 20, 2024
Monday, September 16, 2024 Teriyaki Meatballs	Tuesday, September 17, 2024 Taco Tuesday! - EF	Wednesday, September 18, 2024 Pasta w/ Meat Sauce - DF, EF		Friday, September 20, 2024 Pizza Day - V, EF
			Thursday, September 19, 2024	
Teriyaki Meatballs	Taco Tuesday! - EF	Pasta w/ Meat Sauce - DF, EF	Thursday, September 19, 2024 Cheesy Chicken Broccoli - EF, GF	Pizza Day - V, EF
Teriyaki Meatballs Vegetable Rice	Taco Tuesday! - <u>EF</u> Flour Tortillas	Pasta w/ Meat Sauce - <u>DF, EF</u> Pasta	Thursday, September 19, 2024 Cheesy Chicken Broccoli - EF, GF Whole Grain Brown Rice	Pizza Day - V, EF Flour Pizza Crust
Teriyaki Meatballs Vegetable Rice Pineapple	Taco Tuesday! - <u>EF</u> Flour Tortillas Lettuce, Salsa	Pasta w/ Meat Sauce - <u>DF, EF</u> Pasta Sliced Carrots	Thursday, September 19, 2024 Cheesy Chicken Broccoli - EF, GF Whole Grain Brown Rice Broccoli	Pizza Day - <mark>V, EF</mark> Flour Pizza Crust Cucumbers
Teriyaki Meatballs Vegetable Rice Pineapple <u>V, Vegan: Tofu Teriyaki</u>	Taco Tuesday! - <u>EF</u> Flour Tortillas Lettuce, Salsa Bananas	Pasta w/ Meat Sauce - <u>DF, EF</u> Pasta Sliced Carrots Honeydew	Thursday, September 19, 2024 Cheesy Chicken Broccoli - EF, GF Whole Grain Brown Rice Broccoli Cantaloupe	Pizza Day - V, EF Flour Pizza Crust Cucumbers Fruit Salad
Teriyaki Meatballs Vegetable Rice Pineapple <u>V, Vegan: Tofu Teriyaki</u>	Taco Tuesday! - <u>EF</u> Flour Tortillas Lettuce, Salsa Bananas <u>V, Vegan: Veggie &Bean Taco</u>	Pasta w/ Meat Sauce - <u>DF, EF</u> Pasta Sliced Carrots Honeydew <u>V: Cheesy Italian Pasta</u>	Thursday, September 19, 2024 Cheesy Chicken Broccoli - EF, GF Whole Grain Brown Rice Broccoli Cantaloupe V, Vegan: Tofu Broccoli Casserole	Pizza Day - V, EF Flour Pizza Crust Cucumbers Fruit Salad <u>DF: Pizza w/Turkey Pepperoni</u>
Teriyaki Meatballs Vegetable Rice Pineapple V, Vegan: Tofu Teriyaki DF, EF, GF: Chicken Teriyaki Monday, September 23, 2024	Taco Tuesday! - EF Flour Tortillas Lettuce, Salsa Bananas V, Vegan: Veggie &Bean Taco GF: Corn Tortilla Tuesday, September 24, 2024	Pasta w/ Meat Sauce - <u>DF, EF</u> Pasta Sliced Carrots Honeydew <u>V: Cheesy Italian Pasta</u> <u>Vegan: Pasta Marinara Vegan Cheese</u> <u>GF: Entrée w/ GF Pasta</u> Wednesday, September 25, 2024	Thursday, September 19, 2024 Cheesy Chicken Broccoli - EF, GF Whole Grain Brown Rice Broccoli Cantaloupe V, Vegan: Tofu Broccoli Casserole DF: DF Chicken Broccoli Casserole Thursday, September 26, 2024	Pizza Day - V, EF Flour Pizza Crust Cucumbers Fruit Salad DF: Pizza w/Turkey Pepperoni GF: Gluten Free Pizza w/ Cheese Vegan: Pizza w/ Vegan Cheese Friday, September 27, 2024
Teriyaki Meatballs Vegetable Rice Pineapple V, Vegan: Tofu Teriyaki DF, EF, GF: Chicken Teriyaki Monday, September 23, 2024 Pasta Fagioli - V, Vegan, DF, EF	Taco Tuesday! - EF Flour Tortillas Lettuce, Salsa Bananas V, Vegan: Veggie &Bean Taco GF: Corn Tortilla Tuesday, September 24, 2024 Chicken Broccoli Teriyaki - DF, EF, GF	Pasta w/ Meat Sauce - DF, EF Pasta Sliced Carrots Honeydew V: Cheesy Italian Pasta Vegan: Pasta Marinara Vegan Cheese GF: Entrée w/ GF Pasta Wednesday, September 25, 2024 Turkey Lentil Sloppy Joes - DF, EF	Thursday, September 19, 2024 Cheesy Chicken Broccoli - EF, GF Whole Grain Brown Rice Broccoli Cantaloupe V, Vegan: Tofu Broccoli Casserole DF: DF Chicken Broccoli Casserole Thursday, September 26, 2024 Chicken Fajitas - DF, EF	Pizza Day - V, EF Flour Pizza Crust Cucumbers Fruit Salad DF: Pizza w/Turkey Pepperoni GF: Gluten Free Pizza w/ Cheese Vegan: Pizza w/ Vegan Cheese Friday, September 27, 2024 Swedish Meatballs
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Teriyaki Meatballs Vegetable Rice Pineapple V, Vegan: Tofu Teriyaki DF, EF, GF: Chicken Teriyaki Monday, September 23, 2024 Pasta Fagioli - V, Vegan, DF, EF (Parmesan Cheese on the Side)	Taco Tuesday! - EF Flour Tortillas Lettuce, Salsa Bananas V, Vegan: Veggie &Bean Taco GF: Corn Tortilla Tuesday, September 24, 2024 Chicken Broccoli Teriyaki - DF, EF, GF White Rice	Pasta w/ Meat Sauce - DF, EF Pasta Sliced Carrots Honeydew V: Cheesy Italian Pasta Vegan: Pasta Marinara Vegan Cheese GF: Entrée w/ GF Pasta Wednesday, September 25, 2024 Turkey Lentil Sloppy Joes - DF, EF Dinner Roll	Thursday, September 19, 2024 Cheesy Chicken Broccoli - EF, GF Whole Grain Brown Rice Broccoli Cantaloupe V, Vegan: Tofu Broccoli Casserole DF: DF Chicken Broccoli Casserole Thursday, September 26, 2024 Chicken Fajitas - DF, EF Flour Tortillas	Pizza Day - V, EF Flour Pizza Crust Cucumbers Fruit Salad DF: Pizza w/Turkey Pepperoni GF: Gluten Free Pizza w/ Cheese Vegan: Pizza w/ Vegan Cheese Friday, September 27, 2024 Swedish Meatballs Wheat Bread
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