

SMART LUNCHES®

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
9/2 LABOR DAY	9/3 Entrée: Cheesy Frittata w/Pita Restricted Diet: Chicken Nuggets Sides CauliFlower / Peaches	9/4 Entrée: Turkey Chili Restricted Diet: Pasta Bake Sides Mashed Sweet Potato / Mango	9/5 Entrée: Hummus & Pita Restricted Diet: None Sides Maple Glazed Carrots / Honeydew	9/6 Pizza & Fruit
9/9 Entrée: Caribbean Mango Chicken Restricted Diet: Mac & Cheese Sides Corn / Mango	9/10 Entrée: Vegetarian Fried Rice Restricted Diet: Chicken Nuggets Sides Maple Glazed Carrots / Apple Sauce	9/11 Entrée: BBQ Chicken w/Rotini Restricted Diet: Zucchini Parmesan Sides Cauliflower / Honeydew	9/12 Entrée: Black Beans & Rice Restricted Diet: None Sides Green Beans / Pineapple	9/13 Pizza & Fruit
9/16 Entrée: Fish Sticks w/Rice Restricted Diet: Mac & Cheese Sides Maple Glazed Carrots / Orange Wedges	9/17 Entrée: Lentil Chickpea Curry Restricted Diet: None Sides Mashed Sweet Potato / Apple Mango Chutney	9/18 Entrée: BBQ Tofu Restricted Diet: None Sides Peas / Watermelon	9/19 Entrée: Vegetarian Fried Rice Restricted Diet: Chicken Nuggets Sides Peas & Carrots / Applesauce	9/20 Pizza & Fruit
9/23 Entrée: Mac & Cheese Restricted Diet: Chicken Nuggets Sides Peas / Peaches	9/24 Entrée: Pasta w/Meat Sauce Restricted Diet: Pasta Bake Sides Corn / Cantaloupe	9/25 Entrée: Chicken Nuggets w/Rice Restricted Diet: Pizza Bread Sides Broccoli / Pineapple	9/26 Entrée: Beef Teriyaki Restricted Diet: SB&J Sandwich Sides Green Beans / Orange Wedges	9/27 Pizza & Fruit
9/30 Entrée: Pasta Bake Restricted Diet: Turkey Chili Sides Corn / Pineapple	10/1 Entrée: Lentil Chickpea Curry Restricted Diet: None Sides Maple Glazed Carrots / Apple Mango Chutney	10/2 Entrée: BBQ Chicken w/Rotini Restricted Diet: Pasta Bake Sides CauliFlower / Peaches	10/3 Entrée: Black Beans & Rice Restricted Diet: None Sides Green Beans/ Apple Sauce	10/4 Pizza & Fruit

Please note the Restricted Diet meals are provided to children who cannot eat the primary entrée. See dietary detail page for specific allergy coverage

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September 2019 Dietary Detail

Primary Entrée

Dietary Coverage

bbq chicken and wg rotini	EF,DF,SF,SMF,SFF
bbq meatloaf w/wg rotini	SFF
bbq tofu w/wg rice	VG,EF,DF,SMF,SFF
beef teriyaki	EF,DF,SMF,SFF
burger mac	SMF,SFF
caribbean mango, chicken & rice	EF,DF,GF,SF,SMF,SFF
cheese quesadilla (cold)	VG,EF,SMF,SFF
cheesy frittata w/ww pita	VG,SFF
chicken casserole	EF,DF,SF,SMF,SFF
chicken nuggets w/wg rice	EF,DF,DO,SMF,SFF
fish sticks w/wg rice	EF,DF,SMF
grilled chicken parm w/ww rotini	EF,SF,SMF,SFF
grilled chicken w/whole grain blend	EF,DF,GF,SF,SMF,SFF
hummus & pita (cold)	VG,EF,DF,SFF
Lentil Bolognese	VG,EF,DF,SF,SMF,SFF
lentil chickpea curry w/wg rice	VG,EF,DF,GF,SF,SMF,SFF
mac & cheese	VG,SMF,SFF
mexican rice & beans	VG,EF,DF,GF,SF,SMF,SFF
pasta bake w/ ww rotini	VG,SF,SMF,SFF,EF
pasta w/meat sauce	EF,DF,SF,SMF,SFF
pork with rice & beans	EF,DF,GF,SF,SMF,SFF
turkey chili w/wg rice	EF,DF,GF,SF,SMF,SFF
veggie fried rice	VG,DF,GF,SMF,SFF
warm cheesy refried bean dip w/ww pita	VG,EF,SMF,SFF
zucchini parm	VG,EF,SF,SMF,SFF

Restricted Diet

Dietary Coverage

black beans & rice	VG,EF,DF,GF,SF,SMF,SFF
chicken nuggets w/rice	EF,DF,SMF,SFF
mac and cheese	VG,SMF,SFF
pasta bake	VG,SF,SMF,SFF,EF
pizza bread	VG,EF,SF,SFF,SMF
sunbutter and jelly sandwich	VG,EF,SMF,SFF
turkey chili w/wg rice	EF,DF,GF,SF,SMF,SFF
zucchini parm	VG,EF,SF,SMF,SFF

VG = Vegetarian

EF = Egg Free

DF = Dairy Free

GF = Gluten Free

SF = Soy Free

SMF = Sesame Free

SFF = Seafood Free