

# September Lunch MENU2021

\*WF= Wheat Free DF= Dairy Free EF= Egg Free WW/WG= Whole Grain BF= Beef Free

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 <b>*Contains Sesame</b> Fish Sticks w/WW Pita (DF, EF) Lentil Curry w/ WG Rice (WF, DF,EF)  Mangos/Peas Whole/or 1% Milk</p>	<p>2 Chicken w/WG rice (EF, WF, DF) WG Pizza Bread Sticks (EF)  Pineapple/Cucumbers Whole/or 1% Milk</p>	<p>3 Pizza crust, cheese, and tomato sauce  Fruit/Veg Whole/or 1% Milk</p>
<p>6 CLOSED FOR LABOR DAY :D</p>	<p>7 Chicken Nuggets w/wg biscuit (EF) Lentil Curry w/ WG Rice (WF, DF, EF)  Pears/Sweet Corn Whole/or 1% Milk</p>	<p>8 Pasta bake w/WW rotini (EF) Turkey Chili w/WG rice (WF, DF,EF)  Banana/Sweet Potatoes Whole/or 1% Milk</p>	<p>9 Grilled chicken parm w/ww rotini (EF) Korean BBQ tofu &amp; rice (EF, DF) Chicken with WG rice (WF, EF,DF)  Mango/Carrots Whole/ or 1% Milk</p>	<p>10 Pizza crust, cheese, and tomato sauce  Fruit/Veg Whole/or 1% Milk</p>
<p>13 Pasta w/Meat Sauce (EF, DF) Veggie Fried Rice (WF, DF) Applesauce/Sweet Corn Whole/or 1% Milk</p>	<p>14 Chicken Salad w/ WW Bread (DF) Mac &amp; Cheese Mexican rice &amp; beans (WF, DF, EF) Oranges/Cucumbers Whole/or 1% Milk</p>	<p>15 Chicken &amp; gravy w/ wg biscuit (EF) Zucchini Parm (EF) Chicken Curry w/ WG Rice (EF,WF,DF) Mango/ Veg Baked Bean Whole/or 1% Milk</p>	<p>16 Chicken teriyaki w/ WG rotini (DF, EF) WG Pizza Bread Sticks (EF) Chicken fried rice (WF, DF, EG) Banana/Green Beans Whole/or 1% Milk</p>	<p>17 Pizza crust, cheese, and tomato sauce  Fruit/Veg Whole/or 1% Milk</p>
<p>20 Chicken Fried rice (WF,EG, DF) Pasta bake w/ WW rotini (EF)  Carrots/Pears Whole/or 1% Milk</p>	<p>21 WG Pizza Bread Sticks (EF) Lentil Curry w/ WG Rice (WF, DF, EF)  Pineapples/Sweet Potatoes Whole/ or 1% Milk</p>	<p>22 Chicken and Waffles BBQ Tofu w/ WW Rotini (EF, DF) Chicken with WG rice (WF,DF,EF) Peas &amp; Carrot/ Applesauce Whole/ or 1% Milk</p>	<p>23 Turkey Patty Melt Veggie Sausage Pasta Bake (EF) Fiesta chicken &amp; WG rice (WF, DF, EG)  Banana/Sweet Potatoes Whole/or 1% Milk</p>	<p>24 Pizza crust, cheese, and tomato sauce  Fruit/Veg Whole/or 1% Milk</p>
<p>27 Mac &amp; cheese Turkey chili w/wg rice (EF, WF, DF) Oranges/Corn Whole/or 1% Milk</p>	<p>28 Chicken Patty w/ WG Bun (EF) Pasta bake w/ ww rotini (DF) Chicken Curry w/ WG Rice (WF, EF,DF) Veg Baked Beans/ Mango Whole/ or 1% Milk</p>	<p>29 Fish Stick Taco Turkey Spanish Rice (WF,DF,EF) Veggie teriyaki noodles (DF,EG) Peas/ Carrots Whole/ or 1%</p>	<p>30 Chicken nuggets w/WG biscuit Mexican rice &amp; beans (WF,EF,DF) Green Beans/ Banana Whole/or 1%</p>	

