

September Lunch MENU2021

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

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

