

September Lunch Menu 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1. Chicken and gravy w/wg biscuits (EF) Korean BBQ turkey w/ wg rice (EF,DF) Veggie Chili Mac (EF DF) Oranges/ Cucumbers Whole/ or 1% Milk</p>	<p>2.</p> <p>Pizza crust, cheese, and tomato sauce Applesauce/Carrots Whole/ or 1% Milk</p>
<p>PIC CLOSED FOR LABOR DAY</p>	<p>6. *CONTAINS SESAME BBQ Chicken w/wg biscuit (EF) Sweet and Sour Turkey w/ WG rice(WF,EF,DF) Baked beans & Veggie Sausage w/www pita (EF DF) Carrots/ Applesauce Whole/ or 1% Milk</p>	<p>7. *CONTAINS SESAME Chicken Nuggets w/www pita (EF,DF) Veggie Sausage hash w/www bread (EF) Chicken Curry w/WG rice (WF,EF,DF) Green Beans/Oranges Whole/ or 1% Milk</p>	<p>8.</p> <p>Fiesta Chicken w/wg rice (WF,EF,DF) WG French toast w/ Eggs Banana/ Sweet Potato Whole/ or 1% Milk</p>	<p>9.</p> <p>Pizza crust, cheese, and tomato sauce Applesauce/Carrots Whole/ or 1% Milk</p>
<p>12.*CONTAINS SESAME Chicken Nuggets w/www pita (EF,DF) Veggie Chili Mac (EF DF) Apple/Sweet Corn Whole/ or 1% Milk</p>	<p>13.</p> <p>Turkey spanish rice (WF,EF,DF) Veggie Sausage Pasta Bake (EF) Oranges /Green Beans Whole/ or 1% Milk</p>	<p>14.*CONTAINS SESAME BBQ Chicken w/wg biscuit (EF) Arroz con Pollo (WF,EF,DF) Cheesy Eggs and Potatoes w/www pita Bananas / Peas and Carrot Whole/ or 1% Milk</p>	<p>15.</p> <p>Pasta bake w/www rotini (EF) Sweet and Sour Chicken w/wg rice (WF,EF,DF) Applesauce/ Cucumber Whole/ or 1% Milk</p>	<p>16.</p> <p>Pizza crust, cheese, and tomato sauce Applesauce/Carrots Whole/ or 1% Milk</p>
<p>19.</p> <p>Pasta w/meat sauce (DF, EF) Cheesy Frittata w/www bread Apple /Carrots Whole/ or 1% Milk</p>	<p>20.</p> <p>Chicken Fried rice (WF,EF,DF) BYO WG English muffin Pizza(EF) Bananas/Peas Whole/ or 1% Milk</p>	<p>21.</p> <p>Grilled Chicken Parm. w/www rotini (EF) Mexican rice and beans (WF, EF,DF) Applesauce/Sweet Potatoes Whole/ or 1% Milk</p>	<p>22.</p> <p>Herb chicken w/WG rice (WF,EF,DF) Veggie Chili Mac (EF DF) Cucumbers/ Pears Whole/ or 1% Milk</p>	<p>23.</p> <p>Pizza crust, cheese, and tomato sauce Applesauce/Carrots Whole/ or 1% Milk</p>
<p>26. *CONTAINS SESAME BBQ Chicken w/www pita (EF DF) Bean and cheese Taco (EF) Pears/Peas Whole/ or 1% Milk</p>	<p>27.</p> <p>Fiesta Chicken w/wg rice (WF,EF,DF) Veggie Pasta Salad (EF) Oranges/ Carrots Whole/ or 1% Milk</p>	<p>28.</p> <p>Pasta w/meat sauce (DF, EF) WG French toast w/ Eggs Green Beans/ Bananas Whole/ or 1% Milk</p>	<p>29.</p> <p>Chicken Salad w/WW bread (DF) Veggie chili w/WG rice (WF,EF,DF) Veg. baked beans/applesauce Whole/ or 1% Milk</p>	<p>30.</p> <p>Pizza crust, cheese, and tomato sauce Applesauce/Carrots Whole/ or 1% Milk</p>

