



This institution is an equal opportunity provider.

September K-8 Lunch Menu

A variety of condiments & dressings, skim milk, 1% milk offered daily

Sandwich and Salad Grab and Go Options Offered:

Monday: Tuna Salad Sandwich, Cobb Salad

Tuesday: Chicken Salad Sandwich, Chef Salad

Wednesday: Turkey Sandwich, Garden Salad with Tuna

Thursday: Buffalo Chicken Wrap, Greek Salad

Friday: Grilled Chicken Wrap, Buffalo Chicken Salad

Monday	Tuesday	Wednesday	Thursday	Friday
			Sep 5	Sep 6
			Burgers & Grilled Cheese Entree: hamburger or cheeseburger Vegetarian Entrée: grilled cheese (v) Hot Vegetable: classic potato wedges Sides: pickles, mustard, ketchup fruit & veggie bar	Pizza Party Entrée: cheese pizza or garlic pizza (v) chef's choice of toppings Hot Vegetable: roasted carrots fruit & veggie bar
Sep 9	Sep 10	Sep 11	Sep 12	Sep 13
Build Your Own Teriyaki Noodle or Rice Bowl Build Your Own Teriyaki Bowl with Protein Options of: teriyaki marinated tofu (v), teriyaki pulled chicken Grains: lo mein or rice Hot Vegetable: roasted broccoli Cold Vegetable: chickpeas fruit & veggie bar	Meatball Subs & Pasta with Marinara Sauce Proteins: all beef meatballs, shredded mozzarella cheese (v) Grains: penne pasta or sub roll Hot Vegetable: roasted carrots Toppings: marinara sauce, red pepper flakes, dried basil, parmesan cheese fruit & veggie bar	Sandwich Melts Entrée: crispy chicken sandwich on a hamburger bun Vegetarian Entrée: grilled cheese (v) Hot Vegetable: roasted corn Sides: pickles, honey mustard fruit & veggie bar	Build Your Own Taco Bar Build Your Own Taco Bar with Protein Options of: LOCAL fish in chips, black beans & sofrito (v), taco seasoned pulled chicken Grain: corn taco shells Hot Vegetable: sweet potato fries Sides: salsa, shredded cheddar cheese, rainbow coleslaw fruit & veggie bar	Pizza Party Entrée: cheese pizza or garlic pizza (v) chef's choice of toppings Hot Vegetable: roasted corn fruit & veggie bar
Sep 16	Sep 17	Sep 18	Sep 19	Sep 20
BBQ Chicken Drumstick or Tofu Plate Protein options: bbq chicken drumstick, marinated tofu (v) Grains: brown rice Hot Vegetable: roasted carrots Cold Vegetable: chickpeas fruit & veggie bar	Burgers & Grilled Cheese Entrée: hamburger or cheeseburger Vegetarian Entrée: grilled cheese (v) Hot Vegetable: classic potato wedges Sides: pickles, mustard, ketchup fruit & veggie bar	Burrito Bar Protein options: black beans & sofrito (v), taco seasoned pulled chicken, taco seasoned ground beef Grains: brown rice, tortilla wrap Hot Vegetable: roasted corn Sides: salsa, shredded cheddar cheese, jalapeños fruit & veggie bar	Chicken Parmesan & Pasta Protein: crispy chicken, shredded mozzarella cheese (v) Grains: penne pasta, garlic bread Hot Vegetable: roasted broccoli Sides: marinara sauce, red pepper flakes, dried basil, parmesan cheese fruit & veggie bar	Pizza Party Entrée: cheese pizza or garlic pizza (v) chef's choice of toppings Hot Vegetable: roasted carrots fruit & veggie bar
Sep 23	Sep 24	Sep 25	Sep 26	Sep 27
Nacho Station Protein options: black beans & sofrito (v), taco seasoned ground beef Grains: brown rice, corn tortilla chips Hot Vegetable: roasted corn Sides: salsa, shredded cheddar cheese, jalapeños fruit & veggie bar	Meatball Subs & Pasta with Marinara Sauce Protein options: all beef meatballs, shredded mozzarella cheese (v) Grains: penne pasta or sub roll Hot Vegetable: roasted carrots Toppings: marinara sauce, red pepper flakes, dried basil, parmesan cheese fruit & veggie bar	Teriyaki Chicken or Tofu Rice Bowl Protein options: teriyaki marinated pulled chicken, teriyaki marinated tofu (v) Grains: brown rice Hot Vegetable: roasted broccoli Cold Vegetable: chickpeas fruit & veggie bar	Build Your Own Taco Bar Protein Options: LOCAL fish in chips, black beans & sofrito (v), taco seasoned pulled chicken Grains: corn taco shells Hot Vegetable: sweet potato fries Sides: salsa, shredded cheddar cheese, rainbow coleslaw fruit & veggie bar	Pizza Party Entrée: cheese pizza or garlic pizza (v) chef's choice of toppings Hot Vegetable: roasted carrots fruit & veggie bar
Sep 30				
Build Your Own Teriyaki Noodle or Rice Bowl Protein options: teriyaki marinated tofu (v), teriyaki pulled chicken Grains: lo mein or rice Hot Vegetable: roasted broccoli Cold Vegetable: chickpeas fruit & veggie bar				