

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

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
			Sep 5 Burgers & Grilled Cheese Entree: hamburger or cheeseburger Vegetarian Entrée: grilled cheese (v) Hot Vegetable: classic potato wedges Sides: pickles, mustard, ketchup fruit & veggie bar	Sep 6 Pizza Party Entrée: cheese pizza or garlic pizza (v) chef's choice of toppings Hot Vegetable: roasted carrots fruit & veggie bar
Sep 9 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	Sep 10 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	Sep 11 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	Sep 12 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	Sep 13 Pizza Party Entrée: cheese pizza or garlic pizza (v) chef's choice of toppings Hot Vegetable: roasted corn fruit & veggie bar
Sep 16 BBQ Chicken Drumstick or Tofu Plate Proteins options: bbq chicken drumstick, marinated tofu (v) Grains: brown rice Hot Vegetable: roasted carrots Cold Vegetable: chickpeas fruit & veggie bar	Sep 17 Burgers & Grilled Cheese Entrée: hamburger or cheeseburger Vegetarian Entrée: grilled cheese (v) Hot Vegetable: classic potato wedges Sides: pickles, mustard, ketchup fruit & veggie bar	Sep 18 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	Sep 19 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	Sep 20 Pizza Party Entrée: cheese pizza or garlic pizza (v) chef's choice of toppings Hot Vegetable: roasted carrots fruit & veggie bar
Sep 23 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	Sep 24 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	Sep 25 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	Sep 26 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	Sep 27 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				