

SCHOOL LUNCH MENU September 2020

WHAT'S COOKING FOR SCHOOL LUNCH IN THE KITCHEN WITH CHEF LIZ...

	Mon	Tue	Wed	Thu	Fri	
7	Chicken Soup with Biscuit Garden Salad	8 Hot Dog wrapped in Puff Dough Choice of Side Salad Choice of Fruit	9 Quesadilla (chicken or vegetable) Fresh Salsa - Sour Cream Guacamole Tortilla chips Fruit choice	10 Roast Turkey Mashed Potatoes Gluten-free Gravy Vegetable Choice	11 French Bread Pizza Garden Salad Choice of side salad	
14	Turkey Chili with Corn Muffin Garden Salad	15 Choice of Deli Meat & Cheese Wrap Ham-Turkey-Roast Beef Choose Side Salad	16 Un-fried Chicken Mac & Cheese Choose side Vegetable	17 Chicken Parm Pasta Garden Salad	18 French Bread Pizza Garden Salad Choice of Side Salad	
21	Split Pea Soup with Biscuit Garden Salad	22 Mexican Casserole Tortilla Chips Choice of Side Vegetable	23 Turkey Meatloaf Mashed Potatoes Choice of Vegetable	24 Meatballs Spaghetti Garden Salad	25 Rosh Hashanah	
28	Broccoli Cheddar Soup with Biscuits Garden Salad	29 Roast Chicken Jasmine Rice Vegetable choice	30 Beef Meatloaf Mashed Potatoes Choice of Vegetable			
	Vegetable Side Dish: Sautéed Broccoli-Green Beans Buttered Carrots	Side Salad Choice: Slaw-Potato-Macaroni-Chickpea-Black Bean Fresh Fruit Choice: Banana-Apple-Grapes-Orange-Pear	Gluten-free and Vegetarian Options Always Available	Vegetarian Soups: Lentil Vegetable - Mulligatawny - Split Pea -Sweet Potato Hot Dog Choices: Vegan - Beef - Pork & Beef - Turkey	French Bread Fresh Tomato, Mozzarella, Pesto Arugula, Caramelized Onions & Gruyere Cheese	Pizza Choices Sausage, Greens & Ricotta Classic Tomato & Cheese