

September 2017 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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				Center Closed
4	5	6	7	8
Center Closed	Ground Chicken Stroganoff\$% Egg Noodles@\$ Carrots Oranges Milk	Cheese and Ground Turkey Lasagna# Peas Apples Milk	Chicken in Broth Whole Wheat Bread\$ Broccoli Bananas or Oranges Milk	Ground Turkey Taco Meat Whole Wheal Tortillas\$% Pinto Beans and Brown Rice Apples Milk
11	12	13	14	15
Pizza Burger in Sauce Whole Wheat Bread\$ Pizza Cheese# Peas Apples Milk	Mac\$ and Cheese# Peas Oranges Milk	Chicken Veggie Barley Soup Saltines Apples	Whole Wheat Quesadillas#\$\$% Pinto Beans and Brown Rice Bananas or Oranges Milk	Chicken Stir Fry Whole Grain Brown Rice Apples Milk
18	19	20	21	22
Cheese# Pizza\$% Green Beans Apples Milk	Sliced Turkey and Cheese# Whole Wheat Bread Carrots Oranges Milk	Spaghetti\$ with Ground Turkey Sauce Broccoli Apples Milk	Steak and Potato Soup% Whole Wheat Bread\$ Oranges Milk	Cheesie# Eggie@ Hashbrownies Whole Wheat Bread\$ Apples Milk
25	26	27	28	29
Cuban Joes Whole Grain Brown Rice Baked Sweet Potatoes Apples Milk	Chicken Pasta \$% Salad Carrots Oranges Milk	Grilled Cheese#\$\$% Green Beans Bananas or Oranges Milk	Tuna Fish@ Whole Wheat Bread\$% Potato Wedges Apples Milk	Turkey Chili with Pinto Beans Cornbread Apples Milk

MILK IS SERVED WITH ALL MEALS INCLUDING BREAKFAST, LUNCH AND SNACKS Food Alerts: @ -Eggs, # - Milk, \$ - Wheat, % - Soy, ? in- Have to find out