



SEPTEMBER



Lunch	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Hot Meal		Korean Meatballs Rice Steamed Veggies Bao Bun	Turkey Roast Mashed Potatoes & Gravy Dinner Roll Fresh Veggies	Green Chili Cheese Tamale Cilantro Rice Black Beans Salsa, Sour Cream	Pancakes Hashbrowns Yogurt Fresh Veggies
Cold Meal		Deli Sandwich or PBJ Korean Meatballs	Deli Sandwich or PBJ Turkey Roast	Deli Sandwich or PBJ Green Chili Cheese Tamale	Deli Sandwich or PBJ GF Breakfast Sand
Lunch	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Hot Meal	Glazed Ham Cheesy Mashed Potatoes Steamed Veggies Roll	Grilled Cheese Sandwich Tomato Basil Soup Chips Salad	Greek Chicken Lemon Rice Pita Garbonzo Beans Greek Salad	Sloppy Joe Fries Celery Sticks Garden Salad	Dutch Waffle Country Potatoes Ham Fresh Veggies
Cold Meal Gluten Free	Tuna Sandwich or PBJ Glazed Ham	Deli Sandwich or PBJ GF Grilled Cheese Sand	Deli Sandwich or PBJ Greek Chicken	Deli Sandwich or PBJ GF Sloppy Joe	Deli Sandwich or PBJ GF Bagel w/Cream Cheese
Lunch	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Hot Meal	Baked Italian Pasta Steamed Broccoli Breadstick Fresh Veggies	Spicy Chicken Sand Chips Fresh Veggies Lettuce, Tomato, Pickle	Hawaiian Haystacks Rice Soft Pretzel Steamed Veggies	Chicken Nuggets Tater Tots Fresh Veggies Whole Grain roll	No School Professional Development For Teachers
Cold Meal Gluten Free	Tuna Sandwich or PBJ GF Pizza Pocket	Deli Sandwich or PBJ GF Chicken Sand	Deli Sandwich or PBJ GF Hawaiian Haystacks	Deli Sandwich or PBJ GF Corn dog	
Lunch	Monday 22	Tuesday 23	Wednesday 24 (EO)	Thursday 25 (EO)	Friday 26
	Country Fried Steak Mashed Potatoes & Gravy Dinner Roll Steamed Veggies	Chicken Enchilada Salsa & Sour cream Refried Beans Rice Celery Sticks	Hot Dog Chili Chips Garden Salad	Malibu Chicken Rice Pilaf Steamed Veggies Dinner Roll	No School Teacher Comp Day
Cold Meal Gluten Free	Tuna Sandwich or PBJ Chicken Breast	Deli Sandwich or PBJ Chicken Hardshell Taco	Deli Sandwich or PBJ GF Hotdog	Deli Sandwich or PBJ GF Malibu Chicken	
Lunch	Monday 29	Tuesday 30			
Hot Meal	Turkey Melt Chips Fresh Veggies	Bean & Cheese Pupusa Spanish Rice Chips & Salsa Sour Cream			
Cold Meal Gluten Free	Tuna Sandwich or PBJ GF Turkey Melt	Deli Sandwich or PBJ Bean & Cheese Pupusa			

Chef Salads
Available upon request

Available daily at Lunch: A Variety of Fresh and Chilled Fruits, Juice and Vegetables. 1% and Skim Milk, Skim Chocolate Milk.

This Institution is an equal opportunity provider.