

SEPTEMBER LUNCH

DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

Chef reserves the right to change menu for seasonality and new menu innovation.



MONDAY

- 2**
- pancakes with maple turkey sausage & omelet
 - five cheese lasagna (v)
 - ham & cheese sandwich
 - bbq chicken wrap
 - dairy free by request: chicken salad sandwich
 - o green peas

- 9**
- oven roasted chicken sandwich (df)
 - southwest veggie wrap (v)
 - o steamed corn

- 16**
- crispy chicken sandwich (df)
 - southwest veggie wrap (v)
 - o lemon pepper corn

- 23**
- five cheese lasagna (v)
 - oven roasted chicken sandwich (df)
 - o sliced cucumber

- 30**
- cheesy ravioli (v)
 - dairy free by request: chicken salad sandwich
 - o green peas

TUESDAY

- 3**
- crispy chicken sandwich (df)
 - shredded bbq chicken plate
 - sesame chicken salad
 - southwest veggie wrap (v)
 - o sliced cucumber

- 10**
- spaghetti & meatballs (df)
 - cheddar cheese sandwich (v)
 - o black beans, edamame, corn & diced carrots

- 17**
- creamy chicken alfredo
 - dairy free by request: chicken salad sandwich
 - o garbanzo, edamame, & shredded carrots

- 24**
- greek meatball flatbread (df)
 - cheese enchilada plate (v)
 - o baby carrots & warm pinto beans

WEDNESDAY

- 4**
- cheesy ravioli (v)
 - chicken taco trio
 - sunny sandwich kit
 - chicken pesto pasta salad
 - dairy free by request: egg salad sandwich
 - o garbanzo, edamame, & shredded carrots

- 11**
- green chile & cheese tamale (v)
 - chicken salad sandwich (df)
 - o baby carrots with ranch

- 18**
- beef cheeseburger
 - dairy free by request: chicken salad sandwich
 - o blanched broccoli with ranch (chilled)

- 25**
- cheese pizza (v)
 - sunny sandwich kit
 - o green peas

THURSDAY

- 5**
- cheese pizza (v)
 - chili citrus drumstick & rice
 - turkey & cheddar sandwich
 - chicken salad sandwich (df)
 - o blanched broccoli with ranch (chilled)

- 12**
- meatless "sausage" calzoni (v)
 - sunny sandwich kit
 - o lemon pepper green beans

- 19**
- chicken enchilada plate
 - cheesy ravioli (v)
 - chicken salad sandwich (df)
 - o sliced cucumber

- 26**
- pancakes & omelet (v)
 - chicken potstickers with not-so-fried rice
 - o glazed carrots

FRIDAY

- 6**
- beef cheeseburger
 - garbanzo greek flatbread
 - buffalo chicken wrap
 - mighty meaty deli combo sandwich
 - dairy free by request: chicken salad sandwich
 - o glazed carrots

- 13**
- the revolution dog (df)
 - cheesy pizza bite meal (v)
 - o lettuce & tomatoes

- 20**
- mac & cheese and chicken bites
 - egg salad sandwich (df)
 - o glazed carrots

- 27**
- red chile chicken tamale
 - cheddar cheese sandwich (v)
 - o lettuce & tomatoes with ranch

This institution is an equal opportunity provider.