



# September Lunch 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Grilled chicken strips with roasted potatoes and peas	2 Burger on wheat bun with sweet potatoes, 4-Way veggie and watermelon	3 Break
6 Break	7 Chicken nuggets with baked fries, steamed and broccoli/cauliflower	8 Beef stew with veggies and whole wheat crackers	9 Turkey meatball sub on wheat rolls with roasted potatoes and green beans	10 Beef and broccoli with plain rice and mixed veggies
13 Chicken and rice casserole with steamed broccoli	14 Beef roast with mashed potatoes, corn, and celery sticks	15 Grilled lemon chicken with red potatoes, green beans, and carrots	16 Spaghetti with meat sauce, salad with light ranch and apple slices	17 Turkey taco with spanish rice and mixed veggies
20 Pork roast with mashed potatoes and 4-way veggie	21 Chicken fajitas with rice, beans corn and watermelon	22 Hamburger on whole wheat bun with sweet potatoes and peas	23 Grilled chicken nuggets with baked beans and whole carrots	24 Break
27 Baked lasagna with steamed broccoli and carrots	28 Chicken noodle soup with carrots and celery, whole wheat crackers and apple slices	29 Beef and bop with green beans, whole grain tortilla and grapes	30 Grilled chicken sandwich on whole grain or wheat bun with 5-way veggie and watermelon	31

\*Alternate options – Daily: Oatmeal or Cream of wheat | \*Fruit – Yogurt: Apple, orange, banana, grapes, watermelon honeydew etc | \*Snack: Fruit or Veggie (carrots or celery)