

# September 2022 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>B - Beef</b>  <b>C - Chicken</b>  <b>D - Dairy</b>  <b>F - Fish</b>  <b>L - Lamb</b>  <b>P - Pork</b>  <b>T - Turkey</b>  <b>V -Vegetarian</b></p>		<p><b>1</b></p> <p>Grilled Cheeses- V,D            Tomato Soup- V            Steamed Broccoli            Oranges</p> <p>English Muffins &amp; Jelly            Flavored Popcorn</p>	<p><b>2</b></p> <p>Black Bean Quesadillas- V,D            Cheese Quesadillas- V,D            Fresh Corn on the Cobb- V            Mixed Fresh Fruit</p> <p>Fresh Fruit &amp; Cheerios            Fresh Fruit, Crackers, Cured Meat, Cheese</p>
<p><b>5</b></p> <p><b>LABOR DAY</b></p> <p><b>NO SCHOOL</b></p>	<p><b>6</b></p> <p>Ham and Swiss Sandwiches- P,D            Cheese Sandwiches- V,D            Tater Tots- V            Baby Carrots            Strawberries</p> <p>Goldfish and Craisins            Fresh Fruit and Graham Crackers</p>	<p><b>7</b></p> <p>Pasta Salad- V,D            Shredded Chicken on the Side- C            Garlic Breadsticks- V,D            Steamed Broccoli-V            Mixed Melon</p> <p>Crackers and Cheese Cubes            Fresh Fruit and Baked Good</p>	<p><b>8</b></p> <p>Herb Roasted Chicken- C            BBQ Tofu- V            Mashed Potatoes- V,D            Peas and Carrots            Oranges</p> <p>English Muffins &amp; Jelly            Flavored Popcorn</p>	<p><b>9</b></p> <p>Pepperoni Pizza- P,D            Cheese Pizza- V,D            Garlic Knots- V,D            Raw Veggie Sticks            Mixed Fresh Fruit</p> <p>Yogurt and Granola            Fresh Fruit, Crackers, Cured Meat, Cheese</p>
<p><b>12</b></p> <p>Turkey Bacon Cheddar Wraps- T,P,D            Veggie Cheddar Wraps- V,D            Home Fries- V            Steamed Broccoli- V            Grapes</p> <p>Granola and Yogurt            Chex Mix and Fruit</p>	<p><b>13</b></p> <p>Fettuccini Alfredo- V,D            Chicken on the side- C            Garlic Bread- V,D            Caesar Salad- V,D            Strawberries</p> <p>Goldfish and Craisins            Fresh Fruit and Graham Crackers</p>	<p><b>14</b></p> <p>Carnitas Tacos- P            Impossible Beef Tacos- V            Mexican Rice and Refried Beans- V            Mixed Melon</p> <p>Crackers and Cheese Cubes            Fresh Fruit and Baked Good</p>	<p><b>15</b></p> <p>Beef and Broccoli- B            Braised Tofu and Broccoli- V            Steamed White Rice            Green Beans            Oranges</p> <p>English Muffins &amp; Jelly            Flavored Popcorn</p>	<p><b>16</b></p> <p>Beef Hot Dogs- B            Veggie Dogs- V            Tater Tots- V            Raw Veggie Sticks            Mixed Fresh Fruit</p> <p>Yogurt and Granola            Fresh Fruit, Crackers, Cured Meat, Cheese</p>
<p><b>19</b></p> <p>Fish Sticks- F            Fried Tofu Sticks- V            French Fries            Roasted Veggies            Grapes</p> <p>Granola and Yogurt            Chex Mix and Fruit</p>	<p><b>20</b></p> <p>Macaroni and Cheese- V,D            Honey Baked Ham- P            Rolls- V,D            Steamed Broccoli            Strawberries</p> <p>Goldfish and Craisins            Fresh Fruit and Graham Crackers</p>	<p><b>21</b></p> <p>General Tso's Chicken- C            Soy Ginger Tofu- V            Fried Rice- V            Edamame            Mixed Melon</p> <p>Crackers and Cheese Cubes            Fresh Fruit and Baked Good</p>	<p><b>22</b></p> <p>Pancakes- V,D            Pork Sausage Links- P            Hash Browns- V            Veggie Sticks            Oranges</p> <p>English Muffins &amp; Jelly            Flavored Popcorn</p>	<p><b>23</b></p> <p>Meat Lover's Pizza- P,B,D            Pesto Pizza- V,D            Cucumber Slices and Dip            Garlic Bread- V,D            Mixed Fresh Fruit</p> <p>Yogurt and Granola            Fresh Fruit, Crackers, Cured Meat, Cheese</p>
<p><b>26</b></p> <p>Sloppy Joe Sliders- B            Faux Beef Sloppy Joes- V            Waffle fries            Cucumber Slices            Grapes</p> <p>Granola and Yogurt            Chex Mix and Fruit</p>	<p><b>27</b></p> <p>Chicken Ramen- C            Veggie, Tofu Ramen- V            Edamame            Fried Wonton Crisps- V            Strawberries</p> <p>Goldfish and Craisins            Fresh Fruit and Graham Crackers</p>	<p><b>28</b></p> <p>Chicken Enchilada Casserole- C,D            Vegetarian Enchilada Casserole- V,D            Rice and Beans            Steamed Veggies            Mixed Melon</p> <p>Crackers and Cheese Cubes            Fresh Fruit and Baked Good</p>	<p><b>29</b></p> <p>Italian Wedding Soup- C,D            (Chicken Meatball and Veggie Soup)            Veggie Soup- V            Garlic Breadsticks- V,D            Oranges</p> <p>English Muffins &amp; Jelly            Flavored Popcorn</p>	<p><b>30</b></p> <p>Carnitas Quesadillas- P,D            Cheese Quesadillas- V,D            Corn on the Cobb            Baby Carrots            Mixed Fresh Fruit</p> <p>Yogurt and Granola            Fresh Fruit, Crackers, Cured Meat, Cheese</p>