

September Regular Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9/1	9/2	9/3	9/4	9/5	9/6	9/7
Sesame Chicken Salad with Pita Bread	Beef BBQ Cheddar Burger with Bun	Hummus with Hard Boiled Eggs and Pita Bread	Pasta Genovese with White Beans	Braised Beef with Mashed Yams	Hawaiian Braised Chicken with Coconut Rice	Vegetarian Chili
baby spring mix, orange, milk	green beens, BBQ cabbage slaw with caramelized onions, banana, milk	baby carrots, pear fruit cup, milk	vegetable blend, orange, yogurt	roasted vegetables, banana, dinner roll, milk	roasted vegetables, peach + pear fruit cup, milk	mixed vegetables, banana, dinner roll, cheese stick, yogurt
9/8	9/9	9/10	9/11	9/12	9/13	9/14
Honey Mustard Fish with Brown Rice Pilaf	Roasted Teriyaki Chicken Sandwich	Pasta Marinara with White Beans	Tortellini with Marinara and White Beans	Braised Beef Stroganoff with Mashed Potatoes	Greek Chicken with Mushroom and Artichoke Rice	Thai Peanut Noodles with Toasted Tofu
roasted vegetables, orange, cheese stick, yogurt	vegetable blend, orange, milk	vegetable blend, apple, cheese stick	vegetable blend, peach + pear fruit cup, dinner rolls, yogurt	roasted vegetables, banana, dinner roll, milk	roasted vegetables, crunchy chickpeas, pear fruit cup, milk	roasted vegetables, oven-roasted garbanzo beans, banana, yogurt
9/15	9/16	9/17	9/18	9/19	9/20	9/21
Lemon Basil Chicken Salad with Pita Bread	Greek Chicken Sandwich	Pasta Balsamico with White Beans	Cheese Ravioli with Marinara and White Beans	Chicken Taco Plate with Basmati Brown Rice Pilaf	Roasted Chicken Parmesan with Marinara and Brown Rice Pilaf	Vegetarian Chili
jicama, baby carrots, orange, milk	vegetable blend, orange, milk	vegetable blend, apple, yogurt	vegetable blend, spring mix with zucchini, pear fruit cup, dinner roll, milk	roasted vegetables, pinto beans, banana, corn tortilla shells, yogurt	roasted vegetables, peach + pear fruit cup, yogurt	mixed vegetables, peach, dinner roll, milk
9/22	9/23	9/24	9/25	9/26	9/27	9/28
Honey Ranch Chicken Salad with Pita Bread	Pasta Genovese with White Beans	Beef Mushroom Swiss Burger	Cheese Tortellini with Marinara and White Beans	Steak Taco Plate with Basmati Brown Rice Pilaf	Indian Chicken with Brown Rice Pilaf and Lentils	Chicken Margarita with Mashed Potatoes
spring mix, apple, banana, milk	vegetable blend, apple, milk	vegetable blend, peach + pear fruit cup, cheese stick	vegetable blend, orange, dinner rolls, yogurt	roasted vegetables, pinto beans, orange, corn tortillas, cheese stick	roasted vegetables, banana, milk	roasted vegetables, pear fruit cup, dinner roll, milk
9/29	9/30					
Chicken Salad with Pita Bread	Vegetarian Pasta with White Beans					
baby spring mix, banana, apple, milk	vegetable blend, banana, cheese stick					