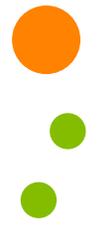


# September 2023

**LUNCH MENU**

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|
|   |  |  |  | 1<br>Artisan Whole Grain Cheese Calzone<br>Organic Steamed Veggies<br>Fresh Organic Fruit                                    |
| 4<br>NO SCHOOL<br>LABOR DAY   | 5<br>Mouthwatering Meatloaf w/<br>Creamy Whipped Potatoes<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br>Soy Beef for Vegetarian | 6<br>Arroz con Pollo<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br>Soy Chicken for Vegetarian   | 7<br>Organic Pasta w/<br>San Marzano Marinara<br>Organic Steamed Veggies<br>Fresh Organic Fruit                                    | 8<br>Chicken Cacciatore<br>Diced Potato Hash<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br>Soy Chicken for Vegetarian |
| 11<br>World Famous 4-Star Mac<br>& Cheese<br>Organic Steamed Veggies<br>Fresh Organic Fruit   | 12<br>Greek Chicken w/ Rice<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br>Soy Chicken for Vegetarian                            | 13<br>Crispy Chicken Slider w/<br>Tater Tots<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br>Soy Chicken for Vegetarian                   | 14<br>Pasta w/ Chicken in Creamy<br>Parmesan Sauce<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br>Soy Chicken for Vegetarian | 15<br>Italian Beef Sandwiches<br>Tater Tots<br>Organic Steamed Veggies<br>Fresh Organic Fruit                                |
| 18<br>Italia Incredible 4-Cheese<br>Lasagna<br>Organic Steamed Veggies<br>Fresh Organic Fruit | 19<br>Chicken w/ Cheesy<br>Broccoli and Rice<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br>Soy Chicken for Vegetarian           | 20<br>Panko-Crusted Chicken Tenders<br>Creamy Whipped Potatoes<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br>Soy Chicken for Vegetarian | 21<br>Turkey Sloppy Joe's<br>Tater Tots<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br>Soy Beef for Vegetarian               | 22<br>Chicken Caesar Salad<br>Tomato Soup<br>Organic Steamed Veggies<br>Fresh Organic Fruit                                  |
| 25<br>NO SCHOOL   | 26<br>Orange Chicken<br>Chow Mein Noodles<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br>Soy Chicken for Vegetarian              | 27<br>Grass-Fed Beef Sliders w/<br>Tater Tots<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br>Soy Beef for Vegetarian                     | 28<br>Pasta w/ Nut-Free Pesto<br>Organic Steamed Veggies<br>Fresh Organic Fruit  | 29<br>BBQ Chicken<br>Oven-Roasted Potatoes<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br>Soy Chicken for Vegetarian   |





# October 2023



## LUNCH MENU

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|---|--|--|--|---|
|   |  |  |  |   |
| 2<br>Pasta w/ San Marzano<br>Marinara Sauce<br>Organic Steamed Veggies<br>Fresh Organic Fruit                                   | 3<br>Arroz con Pollo<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br>Soy Chicken for Vegetarian   | 4<br>Cheesy Beef + Macaroni<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br>Soy Beef for Vegetarian                             | 5<br>Cider-Glazed Chicken<br>Creamy Whipped Potatoes<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br>Soy Chicken for Vegetarian | 6<br>Artisan Whole Grain Cheese Calzone<br>Organic Steamed Veggies<br>Fresh Organic Fruit     |
| 9<br>NO SCHOOL  | 10<br>Greek Chicken w/ Rice<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br>Soy Chicken for Vegetarian                                    | 11<br>Chicken Enchiladas Suizas<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br>Soy Chicken for Vegetarian                      | 12<br>Turkey Sloppy Joes<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br>Tofurkey for Vegetarian                                | 13<br>Italian Beef Sandwiches<br>Tater Tots<br>Organic Steamed Veggies<br>Fresh Organic Fruit |
| 16<br>World Famous 4-Star Mac<br>& Cheese<br>Organic Steamed Veggies<br>Fresh Organic Fruit                                     | 17<br>Crispy Chicken Slider<br>Tater Tots<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br>Soy Chicken for Vegetarian                      | 18<br>Grass-Fed Beef Sliders w/<br>Tater Tots<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br>Soy Beef for Vegetarian           | 19<br>Pasta w/ Slow-Cooked Bolognese<br>Organic Steamed Veggies Fresh<br>Organic Fruit<br>Soy Beef for Vegetarian                    | 20<br>Chicken Caesar Salad<br>Tomato Soup<br>Organic Steamed Veggies<br>Fresh Organic Fruit   |
| 23<br>Pasta w/ Meatballs in Tomato-<br>Basil Sauce<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br>Soy Beef for Vegetarian | 24<br>Panko-Crusted Chicken Tenders<br>Creamy Whipped Potatoes<br>Organic Steamed Veggies Fresh<br>Organic Fruit<br>Soy Chicken for Vegetarian | 25<br>Mouthwatering Meatloaf<br>Creamy Whipped Potatoes<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br>Soy Beef for Vegetarian | 26<br>Pasta w/ Nut -Free Pesto<br>Organic Steamed Veggies<br>Fresh Organic Fruit   | 27<br>Cheese Pizza Bagels<br>Organic Steamed Veggies<br>Fresh Organic Fruit                   |
| 30<br>NO SCHOOL   | 31<br>BBQ Chicken<br>Oven-Roasted Potatoes<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br>Soy Chicken for Vegetarian                     |  |  |   |



# November 2023

LUNCH MENU

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---|---|---|--|---|
|   |   | 1<br>Arroz con Pollo<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br><i>Soy Chicken for Vegetarian</i>                                     | 2<br>Organic Pasta w/<br>San Marzano Marinara<br>Organic Steamed Veggies<br>Fresh Organic Fruit  | 3<br>Artisan Whole Grain Cheese Calzone<br>Organic Steamed Veggies<br>Fresh Organic Fruit     |
| 6<br>Pasta w/ Meatballs in Tomato-Basil Sauce<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br><i>Soy Beef for Vegetarian</i> | 7<br>Chicken w/ Cheesy Broccoli and Rice<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br><i>Soy Chicken for Vegetarian</i>             | 8<br>Crispy Chicken Slider w/ Tater Tots<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br><i>Soy Chicken for Vegetarian</i>                 | 9<br>Pasta w/ Nut-Free Pesto<br>Organic Steamed Veggies<br>Fresh Organic Fruit   | 10<br>Italian Beef Sandwiches<br>Tater Tots<br>Organic Steamed Veggies<br>Fresh Organic Fruit |
| 13<br>Italia Incredible 4-Cheese Lasagna<br>Organic Steamed Veggies<br>Fresh Organic Fruit  | 14<br>Mouthwatering Meatloaf<br>Creamy Whipped Potatoes<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br><i>Soy Beef for Vegetarian</i> | 15<br>Panko-Crusted Chicken Tenders<br>Creamy Whipped Potatoes<br>Organic Steamed Veggies<br>Organic Fruit<br><i>Soy Chicken for Vegetarian</i> | 16<br>Turkey Sloppy Joe's<br>Tater Tots<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br><i>Soy Beef for Vegetarian</i>            | 17<br>Chicken Caesar Salad<br>Tomato Soup<br>Organic Steamed Veggies<br>Fresh Organic Fruit   |
| 20<br>Pasta w/ Slow-Cooked Bolognese<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br><i>Soy Beef for Vegetarian</i>          | 21<br>Oven-Roasted Turkey w/ Gravy, Stuffing & Sweet Potatoes<br>Fresh Organic Fruit<br><i>Soy Turkey for Vegetarian</i>                    | 22<br>HAPPY THANKSGIVING  | 23<br>HAPPY THANKSGIVING   | 24<br>HAPPY THANKSGIVING  |
| 27<br>World Famous 4-Star Mac & Cheese<br>Organic Steamed Veggies<br>Fresh Organic Fruit  | 28<br>Chicken Cacciatore w/ Diced Potato Hash<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br><i>Soy Chicken for Vegetarian</i>        | 29<br>Grass-Fed Beef Sliders w/ Tater Tots<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br><i>Soy Beef for Vegetarian</i>                  | 30<br>Pasta w/ Chicken in Creamy Parmesan Sauce<br>Organic Steamed Veggies<br>Fresh Organic Fruit<br><i>Soy Chicken for Vegetarian</i> |   |

