



2019
SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day No School	3 Sweet & Sour Chicken Brown Rice Veg Medley Cantaloupe, Juice	4 Oven Fried Crispy Fish, Tartar sauce WG Couscous Spinach Salad w/Cherry Tomatoes Apple, Milk	5 Vegetable Chili Shredded Cheese WG Corn Bread Baby Carrots Watermelon, Juice	6 WG Cheesy Noodle Kugel Veg Soup Sliced Cucumbers Peaches, Milk
9 Dairy Quiche WG Rolls Split Pea Soup Baby Carrots Banana, Milk	10 Chicken Cacciatore Brown Rice Yellow Wax Beans in- Marinara Sauce Cantaloupe, Juice	11 WG Mac N' Cheese Peas & Carrots Apple, Milk	12 WG Spaghetti & Meatballs Garden Romaine Salad Sliced Cucumbers Watermelon, Juice	13 Tuna Patties WG Israeli Couscous Coleslaw Peaches, Milk
16 WG Baked Cheesy Ziti Salad Bar: Shredded Lettuce, Chopped Tomato, Corn, Cucumbers, Olives K-5 Grades-Israeli Salad Banana, Milk	17 Oven Fried Chicken Brown Rice Romaine Salad Crispy Roasted Chickpeas Cantaloupe, Juice	18 Tuna Salad/Egg Salad WG Pita Pickles, Sliced Tomatoes, Sliced Cucumbers Apple, Milk	19 Hot Dogs WG Buns Creamy Coleslaw Watermelon, Juice	20 WG Grilled Cheese Tomato Soup W/rice Sliced Cucumbers Peaches, Milk
23 Hummus Falafel WG Pita French Fries, Ketchup Banana, Milk	24 Chicken Schnitzel Brown Rice Peas Cantaloupe, Juice	25 Veg Thick Chili Shredded Cheese WG Tortilla Chips Baked Potato Apple, Milk	26 Sloppy Joe WG Bun Coleslaw Watermelon, Juice	27 WG Pasta Frittata Sweet Potato Soup Sliced Cucumbers Peaches, Milk
30 WG Baked Enchilada- Casserole Garden Romaine Salad Corn Banana, Milk	Stir Fry Chicken & Veg Brown Rice Cantaloupe, Juice			

Whole, unflavored milk is served to 1 year olds
Skim, unflavored milk is served to children ages 2 and older. WG=Whole Grain