

SEPTEMBER 2022



MAKE YOUR LUNCH RESERVATIONS
AT LEAST ONE BUSINESS DAY
IN ADVANCE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			9/1	9/2
			+ Ham & Swiss Sandwich Lettuce, Tomato, Onion on Whole Wheat Bread Split Pea Soup Potato Salad Marinated Zucchini Salad Mustard, Mayonnaise C Citrus Fruit	Salisbury Steak w/Onion Gravy C Mashed Potatoes Bean Medley Whole-Grain Roll w/Butter Juice Pudding
9/5	9/6	9/7	9/8	9/9
LABOR DAY HOLIDAY	Turkey a la King over Brown Rice <u>Mixed Vegetables</u> Green Salad w/Dressing C Mandarin Oranges	Chicken Piccata over Whole-Grain Pasta C California Vegetables Tossed Salad w/Dressing Seasonal Fresh Fruit	Beer Battered Fish Clam Chowder Potato Wedges Green Beans Tartar Sauce, Vinegar Whole-Grain Roll w/Butter C Watermelon	BBQ Pulled Pork on a Whole-Grain Bun Chicken & Rice Soup <u>Carrot Raisin Salad</u> C Fiesta Vegetables Cinnamon Applesauce
9/12	9/13	9/14	9/15	9/16
Beef & Vegetable Stew Whole-Grain Roll w/Butter C Cauliflower <u>Scandinavian Vegetables</u> Sliced Peaches	Chicken Florentine over Brown Rice <u>Italian Vegetables</u> C Broccoli Banana Ice Cream	Creamy Vegetable Lasagna Lentil Soup Tossed Salad w/Dressing Whole-Grain Roll w/Butter C Cantaloupe	Taco Salad w/Ground Turkey, Shredded Cheddar, Salsa, Ranch Dressing, Grape Tomatoes, and Tortilla Chips C Black Beans Chicken Orzo Soup Juice Pudding	Alaskan Salmon Patty w/Dill Sauce over Wild Rice C Brussels Sprouts Tossed Salad w/Dressing Seasonal Fresh Fruit
9/19	9/20	9/21	9/22	9/23
Teriyaki Chicken Egg Drop Soup Bean Medley C Broccoli Brown Rice Mixed Fruit	Breaded Pollock w/Lemon & Tartar Sauce Cheesy Potato Soup Capri Vegetables Wild Rice C Watermelon	+ All Beef Hot Dog w/Cheese & Onions C Coleslaw Baked Beans Catsup & Mustard Whole-Grain Hot Dog Bun Seasonal Fresh Fruit	Pork Posole Soup C Fiesta Vegetables Green Salad w/Ranch Dressing Whole-Grain Roll w/Butter Banana Ice Cream	Turkey Dinner w/Gravy <u>Mixed Vegetables</u> C Mashed Potatoes Whole-Grain Roll w/Butter Cranberry Sauce Cherry Gelatin w/Pears
9/26	9/27	9/28	9/29	9/30
Tuna Salad Sandwich w/Lettuce, Tomato, and Onion on a Thin Bun Tomato Basil Soup 4 Bean Salad C Citrus Fruit	Pork Carnitas w/Salsa Mexicali Corn <u>Spinach Salad</u> w/Dressing Whole-Wheat Tortilla C Tropical Fruit	Turkey Divan over Brown Rice Pilaf <u>Scandinavian Vegetables</u> Tossed Salad w/Dressing C Cantaloupe	Oven Fried Chicken Drumstick Cabbage Roll Soup C Whipped Yams Green Beans Roll w/Butter Orange Gelatin C w/Mandarin Oranges	Swedish Meatballs over Herb Noodles Stewed Tomatoes <u>Bean Medley</u> C Orange Juice Sherbet

NOTES

All meals served with lowfat milk.

— Vitamin A
C Vitamin C

+ Higher in sodium
^ Dessert of Choice

VEGETARIAN



MAKE YOUR LUNCH RESERVATIONS
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			9/1 Vegetarian Lentil Stew C over Brown Rice <u>Spinach</u> Winter Vegetables FRUIT/DESSERT	9/2 Cheese & Green Chili Tamale C Fiesta Vegetables Stewed Tomatoes FRUIT/DESSERT
9/5	9/6	9/7	9/8	9/9
LABOR DAY HOLIDAY	Cheese Ravioli w/Shredded Mozzarella and Marinara Sauce C Cauliflower <u>Bean Medley</u> FRUIT/DESSERT	Vegetarian 3-Bean Chili Potato Nuggets C Broccoli FRUIT/DESSERT	Cheese Omelet w/Shredded Cheddar C Fiesta Vegetables Red Potatoes FRUIT/DESSERT	Vegetarian Lasagna Brussels Sprouts <u>Italian Vegetables</u> C FRUIT/DESSERT
9/12	9/13	9/14	9/15	9/16
Vegetarian Lentil Stew over Brown Rice <u>Spinach</u> C Winter Vegetables FRUIT/DESSERT	+ Bean & Cheese Burrito w/Enchilada Sauce C Broccoli Mexicali Corn FRUIT/DESSERT	Cheese & Green Chili Tamale C Fiesta Vegetables Stewed Tomatoes FRUIT/DESSERT	Cheesy Potato Soup Fiesta Vegetables C Green Peas FRUIT/DESSERT	Cheese Omelet w/Shredded Cheddar C Fiesta Vegetables Red Potatoes FRUIT/DESSERT
9/19	9/20	9/21	9/22	9/23
Cheese & Green Chili Tamale C Fiesta Vegetables Stewed Tomatoes FRUIT/DESSERT	Vegetarian Lentil Stew over Brown Rice <u>Spinach</u> C Winter Vegetables FRUIT/DESSERT	+ Bean & Cheese Burrito w/Enchilada Sauce C Broccoli Mexicali Corn FRUIT/DESSERT	Cheese Ravioli w/Shredded Mozzarella and Marinara Sauce C Cauliflower <u>Bean Medley</u> FRUIT/DESSERT	Cheesy Potato Soup C Fiesta Vegetables Green Peas FRUIT/DESSERT
9/26	9/27	9/28	9/29	9/30
Vegetarian 3-Bean Chili Potato Nuggets C Broccoli FRUIT/DESSERT	Cheese Omelet w/Shredded Cheddar C Fiesta Vegetables Red Potatoes FRUIT/DESSERT	Vegetarian Lasagna C Brussels Sprouts <u>Italian Vegetables</u> FRUIT/DESSERT	+ Bean & Cheese Burrito w/Enchilada Sauce C Broccoli Mexicali Corn FRUIT/DESSERT	Cheese Ravioli w/Shredded Mozzarella and Marinara Sauce C Cauliflower <u>Bean Medley</u> FRUIT/DESSERT

NOTES

All meals served with lowfat milk.

— Vitamin A
C Vitamin C

+ Higher in sodium
^ Dessert of Choice