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| **September 2018**  Child’s Name  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Classroom   |  |  |  |  | | --- | --- | --- | --- | | **Date** | **1** | **2** | **3** | | **Sept 3** |  |  |  | | **Sept 4** |  |  |  | | **Sept 5** |  |  |  | | **Sept 6** |  |  |  | | **Sept 7 \*\*** |  |  |  | | **Sept 10** |  |  |  | | **Sept 11** |  |  |  | | **Sept 12** |  |  |  | | **Sept 13** |  |  |  | | **Sept 14 \*\*** |  |  |  | | **Sept 17** |  |  |  | | **Sept 18** |  |  |  | | **Sept 29** |  |  |  | | **Sept 20** |  |  |  | | **Sept 21 \*\*** |  |  |  | | **Sept 24** |  |  |  | | **Sept 25** |  |  |  | | **Sept 26** |  |  |  | | **Sept 27** |  |  |  | | **Sept 28 \*\*** |  |  |  |   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 3  **NO YUMMY LUNCHES** | 4  Cheese Ravioli w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets, Sautéed Broccoli & Garlic, Fresh Fruit  Baked Quorn Nuggets, Sautéed Broccoli & Garlic, Fresh Fruit | 5  Chicken w/Sautéed Mushroom Sauce, Roll, Roasted Veggies, Fresh Fruit  Grilled Chicken Sandwich, Roasted Veggies, Fresh Fruit  Grilled Cheese, Roasted Potato Wedges, Fresh Fruit | 6  Lean Beef Burger, Roasted Veggies, Fresh Fruit  Lean Beef Meatballs w/Tomato Sauce, Roasted Veggies, Roll, Fresh Fruit  Mac & Cheese, Roasted Veggies, Fresh Fruit | 7  Braised Chicken & Black Bean Stew, Brown Rice, Roasted Veggies, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |
| 10  Chicken Parmesan w/Pasta, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Veggies, Fresh Fruit | 11  Pasta w/Turkey Bolognese, Roasted Veggies, Fresh Fruit  Pasta w/Olive Oil, Roasted Veggies, Fresh Fruit  Breakfast for Lunch--Waffles, Eggs, Fresh Fruit | 12  Arroz con Pollo, Baked Plantains, Fresh Fruit  Braised Chicken, Brown Rice, Baked Plantains, Fresh Fruit  Grilled Cheese, Roasted Veggies, Fresh Fruit | 13  Massaman Curried Chicken w/Brown Rice, Roasted Seasonal Veggies, Fresh Fruit  Grilled Chicken Sandwich, Roasted Seasonal Veggies, Fresh Fruit  Mac & Cheese, Roasted Veggies, Fresh Fruit | 14  Cuban Sandwich, Baked Chips, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |

Meals x $4.00 =

Paid by: check # or cash

1. Check off your child’s lunch order for each day (select a meal)
2. Every day you have the option of Water, Milk, or Chocolate Milk.
3. Each meal is $4.00. A full menu for the month is $76.00
4. Tear off the completed form and **RETURN WITH PAYMENT by** **FRIDAY AUGUST 24th.**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 17  Low Fat Penne Alfredo w/ Chicken, Roasted Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Veggies, Fresh Fruit | 18  Ground Turkey & Cheese Burrito, Black Beans, Roasted Veggies, Fresh Fruit  Cheese Burrito, Black Beans, Roasted Veggies, Fresh Fruit  Cheese Tortellini w/Olive Oil, Roasted Veggies, Fresh Fruit | 19  Lean Beef Sloppy Joe’s, Roasted Sweet Potato Veggies, Fresh Fruit  Veggie Crumble Sloppy Joe’s, Roasted Seasonal Veggies, Fresh Fruit  Grilled Cheese, Roasted Veggies, Fresh Fruit | 20  Baked Fish Sticks w/Slaw (on the side), Roasted Potato Wedges,, Fresh Fruit  Breaded & Baked Fish Sandwich w/Slaw (on the side), Roasted Potato Wedges, Fresh Fruit  Mac & Cheese, Roasted Veggies, Fresh Fruit | 21  Cuban Mojo Turkey Sandwich, Cilantro Lime Roasted Corn, Baked Yucca Fries, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit: |
| 24  Pasta w/Lean Beef & Mushroom Ragout, Roasted Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Veggies, Fresh Fruit | 25  Chicken Paella, Baked Plantains, Fresh Fruit  Marinated Sliced Chicken, Brown Rice, Baked Plantains, Fresh Fruit  Cheese Ravioli w/Veggie Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit | 26  Maple Glazed Sliced Turkey, Roasted Veggies, Fresh Fruit  Maple Glazed Turkey Po’ Boy Sandwich, Roasted Veggies, Fresh Fruit  Grilled Cheese, Roasted Veggies, Fresh Fruit | 27  Philly Cheesesteak, Roasted Veggies, Fresh Fruit  BBQ Beef Sandwich, Roasted Veggies, Fresh Fruit  Mac & Cheese, Roasted Veggies, Fresh Fruit | 28  Grilled Chicken Chop w/Yellow Rice, Black Beans, Fresh Fruit  Cheese Pizza w/Veggie Chips, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit |