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| **September 2018**Child’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Classroom

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| **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** | 4Cheese Ravioli w/Tomato Sauce, Roasted Seasonal Veggies, Fresh FruitBaked Chicken Nuggets, Sautéed Broccoli & Garlic, Fresh FruitBaked Quorn Nuggets, Sautéed Broccoli & Garlic, Fresh Fruit | 5Chicken w/Sautéed Mushroom Sauce, Roll, Roasted Veggies, Fresh FruitGrilled Chicken Sandwich, Roasted Veggies, Fresh FruitGrilled Cheese, Roasted Potato Wedges, Fresh Fruit | 6Lean Beef Burger, Roasted Veggies, Fresh FruitLean Beef Meatballs w/Tomato Sauce, Roasted Veggies, Roll, Fresh FruitMac & Cheese, Roasted Veggies, Fresh Fruit | 7Braised Chicken & Black Bean Stew, Brown Rice, Roasted Veggies, Fresh FruitCheese Pizza, Veggies & Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh Fruit |
| 10Chicken Parmesan w/Pasta, Roasted Seasonal Veggies, Fresh FruitBaked Chicken Nuggets, Roasted Veggies, Fresh FruitBaked Quorn Nuggets, Roasted Veggies, Fresh Fruit | 11Pasta w/Turkey Bolognese, Roasted Veggies, Fresh FruitPasta w/Olive Oil, Roasted Veggies, Fresh FruitBreakfast for Lunch--Waffles, Eggs, Fresh Fruit | 12Arroz con Pollo, Baked Plantains, Fresh FruitBraised Chicken, Brown Rice, Baked Plantains, Fresh FruitGrilled Cheese, Roasted Veggies, Fresh Fruit | 13Massaman Curried Chicken w/Brown Rice, Roasted Seasonal Veggies, Fresh FruitGrilled Chicken Sandwich, Roasted Seasonal Veggies, Fresh FruitMac & Cheese, Roasted Veggies, Fresh Fruit | 14Cuban Sandwich, Baked Chips, Fresh FruitCheese Pizza, Veggies & Dip, Fresh FruitCheese 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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|  C:\Users\Melody.McDonald\Desktop\apple-black-and-white-md.png September 2018 C:\Users\Melody.McDonald\Desktop\busload.gif |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 17Low Fat Penne Alfredo w/ Chicken, Roasted Veggies, Fresh FruitBaked Chicken Nuggets, Roasted Veggies, Fresh FruitBaked Quorn Nuggets, Roasted Veggies, Fresh Fruit | 18Ground Turkey & Cheese Burrito, Black Beans, Roasted Veggies, Fresh FruitCheese Burrito, Black Beans, Roasted Veggies, Fresh FruitCheese Tortellini w/Olive Oil, Roasted Veggies, Fresh Fruit | 19Lean Beef Sloppy Joe’s, Roasted Sweet Potato Veggies, Fresh FruitVeggie Crumble Sloppy Joe’s, Roasted Seasonal Veggies, Fresh FruitGrilled Cheese, Roasted Veggies, Fresh Fruit | 20Baked Fish Sticks w/Slaw (on the side), Roasted Potato Wedges,, Fresh FruitBreaded & Baked Fish Sandwich w/Slaw (on the side), Roasted Potato Wedges, Fresh FruitMac & Cheese, Roasted Veggies, Fresh Fruit | 21Cuban Mojo Turkey Sandwich, Cilantro Lime Roasted Corn, Baked Yucca Fries, Fresh FruitCheese Pizza, Veggie Chips, Fresh FruitCheese Pizza, Veggies & Dip, Fresh Fruit: |
| 24Pasta w/Lean Beef & Mushroom Ragout, Roasted Veggies, Fresh FruitBaked Chicken Nuggets, Roasted Veggies, Fresh FruitBaked Quorn Nuggets, Roasted Veggies, Fresh Fruit | 25Chicken Paella, Baked Plantains, Fresh FruitMarinated Sliced Chicken, Brown Rice, Baked Plantains, Fresh FruitCheese Ravioli w/Veggie Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit  | 26Maple Glazed Sliced Turkey, Roasted Veggies, Fresh FruitMaple Glazed Turkey Po’ Boy Sandwich, Roasted Veggies, Fresh FruitGrilled Cheese, Roasted Veggies, Fresh Fruit | 27Philly Cheesesteak, Roasted Veggies, Fresh FruitBBQ Beef Sandwich, Roasted Veggies, Fresh FruitMac & Cheese, Roasted Veggies, Fresh Fruit | 28Grilled Chicken Chop w/Yellow Rice, Black Beans, Fresh FruitCheese Pizza w/Veggie Chips, Fresh FruitCheese Pizza, Veggies & Dip, Fresh Fruit |