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| **September 2019**Child’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Classroom

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| **Date** | **1** | **2** | **3** |
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| **Sept 3** |  |  |  |
| **Sept 4** |  |  |  |
| **Sept 5** |  |  |  |
| **Sept 6 \*\*** |  |  |  |
| **Sept 9** |  |  |  |
| **Sept 10** |  |  |  |
| **Sept 11** |  |  |  |
| **Sept 12** |  |  |  |
| **Sept 13 \*\*** |  |  |  |
| **Sept 16** |  |  |  |
| **Sept 17** |  |  |  |
| **Sept 18** |  |  |  |
| **Sept 19** |  |  |  |
| **Sept 20 \*\*** |  |  |  |
| **Sept 23** |  |  |  |
| **Sept 24** |  |  |  |
| **Sept 25** |  |  |  |
| **Sept 26** |  |  |  |
| **Sept 27 \*\*** |  |  |  |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 2**NO YUMMY LUNCHES****TODAY!!** | 3Pasta Genovese (Creamy Garlic Sauce) w/Chicken, Roasted Seasonal Veggies, Fresh FruitBaked Chicken Nuggets, Roasted Seasonal Veggies, Fresh FruitBaked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit | 4Orange Chicken w/Lo Mein Noodles, Steamed Veggies, Fresh FruitGrilled Chicken Sandwich, Roasted Veggies, Fresh FruitGrilled Cheese, Roasted Potato Wedges, Fresh Fruit | 5Lean Beef Burger, Roasted Veggies, Fresh FruitLean Beef Meatballs w/Tomato Sauce, Roasted Veggies, Roll, Fresh FruitMac & Cheese, Roasted Veggies, Fresh Fruit | 6Pesto Chicken, Spinach, Tomatoes & Mozzarella Pressed Sandwich, Veggie Chips, Fresh FruitCheese Pizza, Veggies & Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh Fruit |
| 9Chicken Parmesan w/Pasta, Roasted Seasonal Veggies, Fresh FruitPasta w/Olive Oil, Roasted Seasonal Veggies, Fresh FruitBaked Chicken Nuggets, Roasted Veggies, Fresh Fruit | 10Pasta w/Turkey Bolognese, Roasted Veggies, Fresh FruitPasta w/Tomato Sauce, Roasted Veggies, Fresh FruitBreakfast for Lunch--Waffles, Eggs, Fresh Fruit | 11Arroz con Pollo, Baked Plantains, Fresh FruitBraised Chicken, Brown Rice, Baked Plantains, Fresh FruitGrilled Cheese, Roasted Veggies, Fresh Fruit | 12Korean Beef Bowl w/Rice, Sautéed Veggies, Fresh FruitVeggie Crumble Sloppy Joe’s, Roasted Veggies, Fresh FruitMac & Cheese, Roasted Veggies, Fresh Fruit | 13Massaman Curried Chicken w/Brown Rice, Roasted Seasonal Veggies, Fresh FruitCheese Pizza, Veggies & Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh Fruit |

Meals x $4.50 = \_\_\_\_\_\_\_\_

Paid by: check # \_\_\_\_\_\_\_

1. Check off your child’s lunch order for each day (select a meal) with beverage of choice.
2. Every day you have the option of Water (W), Milk (M), or Chocolate Milk (CM).
3. Each meal is **$4.50**. A full menu for the month is **$85.50**
4. Tear off and return the completed form by **Friday, August 23rd.**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 16Low Fat Penne Alfredo w/ Chicken, Roasted Veggies, Fresh FruitBaked Chicken Nuggets, Roasted Veggies, Fresh FruitBaked Quorn Nuggets, Roasted Veggies, Fresh Fruit | 17Ground Turkey & Cheese Burrito, Black Beans, Roasted Veggies, Fresh FruitCheese Burrito, Black Beans, Roasted Veggies, Fresh FruitCheese Tortellini w/Olive Oil, Roasted Veggies, Fresh Fruit | 18Philly Cheesesteak, Roasted Veggies, Fresh FruitFrench Dip, Roasted Veggies, Fresh FruitGrilled Cheese, Roasted Veggies, Fresh Fruit | 19Baked 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 | 20Cuban Mojo Turkey, Cilantro Line Roasted Corn, Baked Yucca Fries, Fresh FruitCheese Pizza, Veggie Chips, Fresh FruitCheese Pizza, Veggies & Dip, Fresh Fruit |
| 23Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh FruitPasta w/Lean Beef & Eggplant Bolognese, Roasted Seasonal Veggies, Fresh FruitPasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | 24Maple Glazed Sliced Turkey, Roll, Roasted Seasonal Veggies, Fresh FruitMaple Glazed Turkey Po’ Boy Sandwich, Roasted Seasonal Veggies, Fresh FruitPasta w/Pomodoro Sauce, Roasted Veggies, Fresh Fruit | 25Chicken Paella, Black Beans, Roasted Seasonal Veggies, Fresh FruitMarinated Sliced Chicken, Black Beans, Saffron Rice, Fresh FruitGrilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 26Beef Barbacoa over Rice, Mexican Veggie Skillet, Fresh FruitBBQ Beef Sandwich, Roasted Veggies, Fresh FruitMac & Cheese, Roasted Veggies, Fresh Fruit | 27Chicken Tikka Masala w/Couscous, Roasted Veggies, Fresh FruitCheese Pizza w/Veggie Chips, Fresh FruitCheese Pizza, Veggies & Dip, Fresh Fruit |