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| **September 2019**  Child’s Name  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Classroom   |  |  |  |  | | --- | --- | --- | --- | | **Date** | **1** | **2** | **3** | |  |  |  |  | | **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!!** | 3  Pasta Genovese (Creamy Garlic Sauce) w/Chicken, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit | 4  Orange Chicken w/Lo Mein Noodles, Steamed Veggies, Fresh Fruit  Grilled Chicken Sandwich, Roasted Veggies, Fresh Fruit  Grilled Cheese, Roasted Potato Wedges, Fresh Fruit | 5  Lean Beef Burger, Roasted Veggies, Fresh Fruit  Lean Beef Meatballs w/Tomato Sauce, Roasted Veggies, Roll, Fresh Fruit  Mac & Cheese, Roasted Veggies, Fresh Fruit | 6  Pesto Chicken, Spinach, Tomatoes & Mozzarella Pressed Sandwich, Veggie Chips, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |
| 9  Chicken Parmesan w/Pasta, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit | 10  Pasta w/Turkey Bolognese, Roasted Veggies, Fresh Fruit  Pasta w/Tomato Sauce, Roasted Veggies, Fresh Fruit  Breakfast for Lunch--Waffles, Eggs, Fresh Fruit | 11  Arroz con Pollo, Baked Plantains, Fresh Fruit  Braised Chicken, Brown Rice, Baked Plantains, Fresh Fruit  Grilled Cheese, Roasted Veggies, Fresh Fruit | 12  Korean Beef Bowl w/Rice, Sautéed Veggies, Fresh Fruit  Veggie Crumble Sloppy Joe’s, Roasted Veggies, Fresh Fruit  Mac & Cheese, Roasted Veggies, Fresh Fruit | 13  Massaman Curried Chicken w/Brown Rice, Roasted Seasonal Veggies, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese 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** |
| 16  Low Fat Penne Alfredo w/ Chicken, Roasted Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Veggies, Fresh Fruit | 17  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 | 18  Philly Cheesesteak, Roasted Veggies, Fresh Fruit  French Dip, Roasted Veggies, Fresh Fruit  Grilled Cheese, Roasted Veggies, Fresh Fruit | 19  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 | 20  Cuban Mojo Turkey, Cilantro Line Roasted Corn, Baked Yucca Fries, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit |
| 23  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/Lean Beef & Eggplant Bolognese, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | 24  Maple Glazed Sliced Turkey, Roll, Roasted Seasonal Veggies, Fresh Fruit  Maple Glazed Turkey Po’ Boy Sandwich, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/Pomodoro Sauce, Roasted Veggies, Fresh Fruit | 25  Chicken Paella, Black Beans, Roasted Seasonal Veggies, Fresh Fruit  Marinated Sliced Chicken, Black Beans, Saffron Rice, Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 26  Beef Barbacoa over Rice, Mexican Veggie Skillet, Fresh Fruit  BBQ Beef Sandwich, Roasted Veggies, Fresh Fruit  Mac & Cheese, Roasted Veggies, Fresh Fruit | 27  Chicken Tikka Masala w/Couscous, Roasted Veggies, Fresh Fruit  Cheese Pizza w/Veggie Chips, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit |