

Sample Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 NO SCHOOL Teacher In-Service	2 NO SCHOOL Teacher In-Service
5 NO SCHOOL Labor Day	6 NO SCHOOL New Student Open House	7 Waffles & raisins Vietnamese Noodle Salad with carrots, rice noodles, garbanzo beans, tofu, honeydew Cottage cheese and wheat crackers	8 Apple sauce & Toast Scrambled eggs, banana bread French toast, strawberries, and bananas Trail mix and Grapes	9 Bagels & Cream cheese Adobo Chicken, rice, green beans, and pineapple Cheese, belvita crackers, carrots
12 Apples & cottage cheese Pasta Carbonara with ham, peas, tomatoes, cantaloupe Strawberries & wheat crackers	13 English muffins & jam Red beans, lime rice, cherry tomatoes, grapes, broccoli Pretzels and string cheese	14 Strawberries & pretzels Tortilla soup with tomatoes, mushrooms, black beans, cabbage, chips, oranges Olives, pickles, wheat crackers	15 Applesauce & toast Black bean quesadillas, with cheese, red & green peppers, strawberries Cinn. Pita and Peaches	16 Wheat Cereal & Craisins Turkey BLT's, sunchips, carrots, grapes Belvita and Clementines
19 Blueberries & Granola Baked Penne with marinara, chicken, green beans, apples Bananas & graham crackers	20 Oranges & lentil crackers Teriyaki Tofu, cilantro, coconut rice, edamame, pineapple Mandarin muffins, lemonade	21 Mini pancakes & yogurt 3 bean chili with beans, tomatoes, peppers, bread, apples String cheese, pretzels	22 Oatmeal & peaches Bagels w/ turkey, cream cheese, cucumbers, oranges, olives Smoothies & wheat crackers	23 Raisins & wheat cereal BBQ chicken, polenta, Brussel sprouts, watermelon Cornbread & cheese cubes
26 Pita with sunbutter Turkey goulash w/ mushrooms, tomatoes, peas, broccoli, green grapes Apple muffins & milk	27 Waffles & pears Sweet potato & black bean tacos, lettuce, tomatoes, cheese, tortillas, bananas String cheese & pretzels	28 Blueberries & bagels Curried Dal with coconut milk, lentils, bell peppers, rice, pears Zucchini bread & apples	29 Tomatoes & wheat crackers Scrambled eggs, potatoes, grapes, cherry tomatoes Quesadillas & peppers	30 Blueberry & Cheddar crackers Pizza with pepperoni, mushrooms, cheese, snap peas, oranges Apples & strawberry bars