



LUNCH MENU

SEPTEMBER 2022

V: Strictly vegetarian | M: Mixed elements (individual menu items cannot be separated)
GF: "Gluten-friendly" (our kitchen is not gluten-free certified)

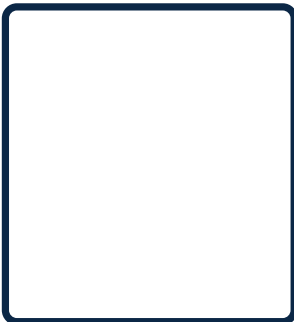
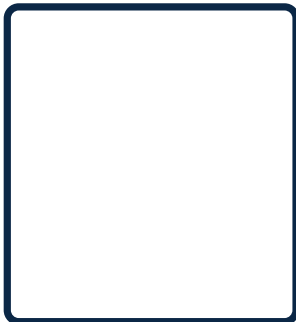
MON

TUE

WED

THU

FRI



1
Meatball sub,
seasonal fruit &
vegetable

2
Fish sticks, mashed
potatoes, seasonal
fruit & vegetable



6 1st Day of School
Pulled BBQ
chicken, roasted
potatoes, seasonal
fruit & vegetable |
GF

7
Beef tacos,
lettuce, tomatoes,
corn, seasonal
fruit | GF

8
Sun Nut Butter and
banana on whole
wheat, seasonal
vegetable | V

9
Cheese pizza,
seasonal fruit &
vegetable | V

12
Cheese ravioli,
tomato sauce,
salad, seasonal
fruit | V

13
Chicken tenders,
roasted sweet
potatoes, seasonal
fruit

14
Kielbasa, buttered
noodles, seasonal
fruit & vegetable

15
Italian sausage sub
with peppers &
onions, seasonal
fruit

16
Tortellini pasta
salad with ham,
cheese, &
vegetables,
seasonal fruit | M

19
Grilled cheese on
whole wheat,
seasonal fruit &
vegetable | V

20
Macaroni &
cheese, seasonal
fruit &
vegetable | V

21
Ham & cheese
sandwich on
whole wheat,
seasonal fruit &
vegetable

22
Pasta with
meatballs,
seasonal fruit &
vegetable

23
Flatbread cheese
pizza, seasonal
fruit & vegetable |
V

26
Chicken patty on
a bun, seasonal
fruit & vegetable

27
Buttermilk
pancakes, yogurt,
blueberry
compote,
bananas | V

28
Pulled teriyaki
chicken, rice,
Asian vegetables,
seasonal fruit

29
Meatball sub,
seasonal fruit &
vegetable

30
Fish sticks, mashed
potatoes, seasonal
fruit & vegetable