

# HOT LUNCH MENU – Sept.2023



Week 1	Monday	Tuesday	Wednesday Sept.6	Thursday Sept.7	Friday Sept.9
Regular			Chicken Teriyaki with Whole Grain Rice and California Vegetables	Chicken Fingers with Whole Grain Rice	Macaroni and Cheese
Vegetarian			Tofu Teriyaki with Whole Grain Rice and California Vegetables	Veggie Chicken Fingers with Whole Grain Rice	Macaroni and Cheese
Week 2	Monday Sept.11	Tuesday Sept.12	Wednesday Sept.13	Thursday Sept.14	Friday Sept.15
Regular	Beef Burger Potato Wedges	Sweet & Sour Chicken Rice Bowl (Includes California Vegetables)	Beef Meatballs with Mashed Potatoes, Gravy	Garlic Chicken Penne Peas and Carrots	Pancakes with Turkey Sausages (Side Syrup)
Vegetarian	Veggie Burger Potato Wedges	Sweet & Sour Tofu Rice Bowl With Vegetables	Veggie Meatballs with Mashed Potatoes, Gravy	Garlic Power Mix Penne Peas and Carrots	Pancakes (Side Syrup)
Week 3	Monday Sept.18	Tuesday Sept.19	Wednesday Sept.20	Thursday Sept.21	Friday Sept.22
Regular	Chicken Parmesan over Rotini Pasta	Beef Burrito Bowl Whole Grain Rice Power Veggie Mix (Edamame, Black Bean & Corn)	Cheese Tortellini with Tomato Sauce	Beef & Chicken Shepherd's Pie (Includes Peas and Corn)	Pizza Day
Vegetarian	Tomato Pasta Parmesan Over Rotini Pasta	Vegetarian Burrito Bowl Whole Grain Rice Power Veggie Mix (Edamame, Black Bean & Corn)	Cheese Tortellini with Tomato Sauce	Veggie Ground Shepherd's Pie (Includes Peas and Corn)	Pizza Day
Week 4	Monday Sept.25	Tuesday Sept.26	Wednesday Sept.27	Thursday Sept.28	Friday Sept.29
Regular	Topsy Turvy Pasta with Meat Sauce	Cheese Perogies Sour Cream	Chicken Fried Rice (includes Peas and Carrots)	Beef and Chicken Burrito Wrap (Side Sour Cream)	Pro-D School Not In Session
Vegetarian	Veggie Topsy Turvy Pasta with veggie "Meatless" Sauce	Cheese Perogies side Sour Cream Power Mix Veggies	Egg Fried Rice (includes Peas and Carrots)	Veggie Burrito Wrap (Side Sour Cream)	Pro-D School Not in Session

## Our Lunch Lady Mission:

Prepared with care in inspected nut free facilities.  Gluten free, dairy free, egg free and any allergy concerns please contact the Lunch Lady as we have other options available.

