

September 2019 Lunch Menu

#1						THURS 5th	FRI 6th	
MEAT						Homemade Chicken Teriyaki w/ Rice*	Pepperoni or Cheese Pizza (sf)	
GRAIN								
VEG						Broccoli	Carrots	Zucchini
FRUIT						Oranges	Apples	
#2	MON 9th	TUES 10th	WED 11th	THURS 12th	FRI 14th			
MEAT	Spaghetti and Meatballs w/ Garlic Bread (sf)*	Butter Chicken w/ Rice (gf,sf)*	Turkey White Bean Chili w/ Corn Bread (sf)*	BBQ Pulled Pork w/ Cheese Cauliflower Bake (gf,sf)*	Chicken or Cheese Enchaladas (gf,sf)*			
GRAIN								
VEG	Carrots	Zucchini	Carrots	Corn	Celery	Cauliflower	Carrots	
FRUIT	Bananas	Oranges	Apples	Oranges	Bananas			
#3	MON 16th	TUES 17th	WED 18th	THURS 19th	FRI 20th			
MEAT	Macaroni and Cheese w/ Garlic Bread (sf)*	Orange Chicken w/ Rice (gf,sf)*	Chicken Noodle Soup w/ Cheese Bread (sf)*	Volcano Meatloaf and Mashed Potatoes*	Crispy Chicken Tenders (sf)*			
GRAIN								
VEG	Carrots	Broccoli	Carrots	Celery	Cauliflower	Sweetpotato Wedges		
FRUIT	Bananas	Oranges	Apples	Oranges	Bananas			
#4	MON 23rd	TUES 24th	WED 25th	THURS 26th	FRI 27th			
MEAT	Chicken or Cheese Alfredo w/ Garlic Bread (sf)	Greek Grilled Lemon Chicken w/ Rice (gf,sf)*	Beef and Bean Chili w/ Corn Bread (sf)*	Turky or Falafel Meatballs w/ Hummus and Pita (sf)	BBQ Chicken w/ Rosted Potatos (sf)*			
GRAIN								
VEG	Carrots	Cauliflower	Broccoli	Carrots	Zucchini	Vegetable Sticks	Roasted Corn	
FRUIT	Bananas	Oranges	Apples	Oranges	Bananas			
#5	MON 30th							
MEAT	Grilled Chicken Parmesan Pasta w/ Garlic Bread (sf)*	*For the vegetarian substitute, meat is replaced with either tofu, homemade black bean patty or vegan plant based nuggets.						
GRAIN								
VEG	Carrots	Zucchini	See Ingredients List For Details					
FRUIT	Bananas	Gluten Free - gf Soy Free - sf All our food is nut free						

Pre-School, Pre-K Serving Sizes

Meat 1.5 oz, grains 1-2 oz - 1/2 slice - 1/4 cup, vegetables 1/4 cup, fruit 1/4 cup

1st thru 3rd Grade Serving Sizes

Meat 2.5 oz, grains 2 - 4 oz - 1 slice - 1/2 cup, vegetables 1/2 cup, fruit 1/2 cup

4th thru 8th Grade Serving Sizes

Meat 4 oz, grains 4 - 6 oz - 2 slices - 1 cup, vegetables 1 cup, fruit 1 cup

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