

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*	Chrispy 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

www.amazinglunches.com