**HOT** **LUNCH** **MENU – Sept.2023**



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| **Week** **1** |  | **T** **Monday** **R** | **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 Setp.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) | Cheese Quesadilla with side Sour Cream And Salsa |
| **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) | Cheese Quesadilla side Sour Cream And Salsa |

**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. •