

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11	12	13	14	15
Salad Bar • Gazpacho Salad with Garbanzo Beans and Feta Soup • Cream of Vegetable Soup • Cream of Cauliflower Soup Entree • All Beef Sloppy Joe Sandwich • Crispy Seasoned Tater Tots • Steamed Broccoli Vegetarian • Sloppy Joe Lentils	Salad Bar • Caribbean Couscous Salad with Beans and Mango • Tortilla Chips Soup • Chicken Enchilada Soup • Cream of Broccoli Soup Entree • All Beef Taco • Cilantro Rice • Mexican Corn on the Cob • Sauteed Peppers Onions Vegetarian • Cilantro Lime Tofu Taco	Salad Bar • Mediterranean Bowtie Pasta Salad Soup • Chicken Orzo Soup • Vegan Minestrone Entree • Cheese Ravioli with Marinara Sauce • Baked Ciabatta Roll with Butter • Fresh Steamed & Seasoned Green Beans Vegetarian • Cheese Ravioli with Marinara Sauce Dessert • Blondie Brownie	Salad Bar • Summer Chef Salad Soup • Creamy Mushroom Soup • Tomato Soup Entree • Bagel Pizza • Parmesan Potato Wedges • Roasted Cauliflower Vegetarian • Bagel Pizza	Salad Bar • Sweet and Sour Coleslaw Soup • Chicken and Dumpling Soup • Creamy Corn Chowder Entree • All Beef Hot Dog served on a Whole Wheat Bun • Baked Beans • Crispy Parmesan Summer Squash Vegetarian • Fried Tofu Sandwich with Slaw Dessert • Butterscotch Pretzel Cookie

Daily Offerings: Deli Bar , House Roasted Turkey, Assortment of Deli Meats, Assortment of Sliced Cheeses, Variety of Local Breads , Salad Bar , Simple Greens and Seasonal Gourmet Greens, Assortment of Freshly Cut and Prepared Salad Toppings, Grains, Legumes, House-made Salad Dressings to include Low-Fat Salad Dressings, House-made Croutons , Prepared Deli Salads to include Chicken, Egg and Tuna, Hummus , **Sweet Offerings:** , Assortment of Local and Seasonal Hand Fruit, Flavored Low-Fat Yogurt , **Beverages:** , Skim and 2% Milk, Assortment of 100% Juices and Seasonal House-made Beverages including Water Works

Dietary information is presented as a guide only. If you have allergies, dietary restrictions, or a food-related medical condition, you should consult with your doctor and with the staff at your dining location(s) before consuming any food marketed on this platform. Please note: A caution symbol indicates that there may be unknowns about a product in a particular recipe, whether regarding the facility in which it is produced or practices in the manufacturing process. As is always advised, please consult with the manager/chef with questions and concerns. We will review the safe, available options and work to accommodate you. This institution is an equal opportunity provider. Layout & Design © Nutrislice, Inc. Printed on 9/8/2023 at 9:40 am .

September 17-23 2023

Lower & Pre-K School Menu

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18	19	20	21	22
Salad Bar • Yogurt Parfait Day Soup • Chicken Vegetable Rice Soup • Apple-Cinnamon Oatmeal Entree • Cheesy Scrambled Eggs • Garlic Rosemary Potatoes • Pork Breakfast Sausage Patty Vegetarian • Tofu "Chorizo"	Salad Bar • Orange Jicama Slaw • Tortilla Chips Soup • Chicken Noodle Soup • Southwestern Vegetarian Soup Entree • Beef Barbacoa Tacos • Adobo Pulled Chicken • Cilantro Lime Brown Rice • Sauteed Peppers Onions Vegetarian • Cheese Quesadilla	Salad Bar • Farfalle Strawberry Caprese Salad Soup • Lentil and Spinach Soup • Vegetable Orzo Parmesan Soup Entree • Baked Spaghetti with Beef Meat Sauce • Parker House Rolls • Roasted Zucchini, Squash Vegetarian • Vegetarian Baked Spaghetti Dessert • Raspberry Chocolate Brownie	Salad Bar • Mandarin Orange Salad Soup • Summer Squash Soup with Pumpkin Seed • Spinach Egg Drop Soup Entree • Teriyaki Chicken • Vegetable Egg Stir Fried Brown Rice • Steamed Broccoli Vegetarian • Soy Ginger Marinated Tofu	Salad Bar • Macaroni Salad, Cheddar Soup • Summer Vegetable Soup • Cream of Cauliflower Soup Entree • Turkey Cheddar Sandwich • Rosemary Garlic Potato Wedges • Fresh Steamed & Seasoned Green Beans Vegetarian • Three Cheese Grilled Cheese Dessert • Rice Krispy Bar


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September 24-30 2023

Lower & Pre-K School Menu

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
25	26	27	28	29
 <p>Yom Kippur</p>	<p>Salad Bar</p> <ul style="list-style-type: none"> • Tropical Fruit • Guacamole • Tortilla Chips <p>Soup</p> <ul style="list-style-type: none"> • Cream of Vegetable Soup • Chicken Tortilla Soup <p>Entree</p> <ul style="list-style-type: none"> • Chicken Tacos • Spanish Rice • Glazed Roasted Carrots <p>Vegetarian</p> <ul style="list-style-type: none"> • Adobo Spiced Tofu 	<p>Salad Bar</p> <ul style="list-style-type: none"> • Antipasti Salad <p>Soup</p> <ul style="list-style-type: none"> • Chicken Noodle Soup • Creamy Corn Chowder <p>Entree</p> <ul style="list-style-type: none"> • Cheese Tortellini • Marinara Sauce • Garlic Bread • Roasted Zucchini <p>Vegetarian</p> <ul style="list-style-type: none"> • Cheese Tortellini • Marinara Sauce <p>Dessert</p> <ul style="list-style-type: none"> • Banana Chocolate Chip Muffin 	<p>Salad Bar</p> <ul style="list-style-type: none"> • Loaded Potato Salad w/Bacon <p>Soup</p> <ul style="list-style-type: none"> • Beef Barley Soup • Tomato Soup <p>Entree</p> <ul style="list-style-type: none"> • Three Cheese Grilled Cheese • Seasoned Quinoa with Parmesan and Basil • Steamed Broccoli <p>Vegetarian</p> <ul style="list-style-type: none"> • Three Cheese Grilled Cheese 	<p>Salad Bar</p> <ul style="list-style-type: none"> • Traditional Coleslaw <p>Soup</p> <ul style="list-style-type: none"> • Creamy Mushroom Soup • Curried Lentil Soup <p>Entree</p> <ul style="list-style-type: none"> • BBQ Pulled Pork Slider • Potato Chips • Crispy Parmesean Summer Squash <p>Vegetarian</p> <ul style="list-style-type: none"> • Sloppy Joe Lentils <p>Dessert</p> <ul style="list-style-type: none"> • Oatmeal Raisin Cookie

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Salad Bar • Spinach, Feta & Berry Salad Soup • Cream of Vegetable Soup • Super Veggie Soup Entree • Garlic, Cheese Bread • Roasted Red Potatoes • Steamed Cauliflower Vegetarian • Garlic, Cheese Bread	Salad Bar • Pineapple, Mango Pico de Gallo • Tortilla Chips Soup • Chicken Orzo Soup • Southwestern Vegetarian Soup Entree • Carne Asada Cheese Quesadilla • Cheese Quesadilla • Steamed Rice • Poblano Fajita Peppers Vegetarian • Vegetable Bean Taco	Salad Bar • Caesar Salad Soup • Chicken Noodle Soup • Cream of Broccoli Soup Entree • Baked Macaroni & Cheese with Chicken • Garlic Bread • Fresh Steamed & Seasoned Green Beans Vegetarian • Baked Macaroni and Cheese, Broccoli Dessert • Snickerdoodle Cookie	Salad Bar • Asian Slaw Soup • Roasted Red Pepper Soup • Asian Vegetable Broth Entree • Korean Beef • Vegetable Egg Stir Fried Brown Rice • Steamed Broccoli Vegetarian • Soy Ginger Marinated Tofu	Salad Bar • Mediterranean Bowtie Pasta Salad Soup • Chicken and Dumpling Soup • Summer Vegetable Soup Entree • Sliced Chicken Melt Sandwich • Orzo Pilaf • Roasted Zucchini Vegetarian • Mozz, Spinach, Tomato, Melt Dessert • Oreo Brownies

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