

September

Menu 2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-----------------------|---|---|--|--------------------------------|----------|
| | | | | 1 Chicken Stew w/ Carrots Roasted Potatoes Steamed Broccoli Fruit or Light Dessert | 2 Pizza Salad Cookie | 3 |
| 4 | 5 NO SCHOOL | 6 Chicken Quesadilla Yellow Rice Black Beans Fruit or Light Dessert | 7 Beef Lasagna Steamed Veggies Bread Roll Fruit or Light Dessert | 8 Turkey Meatballs White Rice Lentil Soup Fruit or Light Dessert | 9 Pizza Salad Cookie | 10 |
| 11 Chicken Strips W/ Orange Sauce Mac N' Cheese Broccoli Fruit or Light Dessert | 12 | 13 Salmon Bites Veggies Mashed Potatoes Fruit or Light Dessert | 14 Chicken Meatballs Pomodoro Pasta Garlic Bread Fruit or Light Dessert | 15 Beef Tacos White Rice Pinto Beans Fruit or Light Dessert | 16 Pizza Salad Cookie | 17 |
| 18 Ham and Cheese Sub Chips Fruit or Light Dessert | 19 | 20 Turkey Meatballs White Rice Chickpea Soup Fruit or Light Dessert | 21 Oven-baked Mahi Mahi Potatoes Lentil Soup Fruit or Light Dessert | 22 Grilled Chicken White Rice Sweet Plantains Fruit or Light Dessert | 23 Pizza Salad Cookie | 24 |
| 25 Terriyaki Chicken Brown Rice Veggies Fruit or Light Dessert | 26 | 27 Beef Casserole Mixed Veggies Bread Roll Fruit or Light Dessert | 28 Beef Stew White Rice Split Pea Soup Fruit or Light Dessert | 29 Breaded Chicken Mac N' Cheese Veggies Fruit or Light Dessert | 30 Pizza Salad Cookie | |

