



## fall menu } september october november

Protein >3oz total  
Grain >2oz  
100% Certified Organic  
Fruit/Veg/Whole Juice >¾ cup total  
Milk 6 oz cup

monday	tuesday	wednesday	thursday	friday
September 26 <b>Baked Ziti</b>  Sweet Peas Orange Slices Whole Grain Bread	September 27 <b>Chicken Bites</b> <i>Veggie Bites</i>  Fresh Cut Carrots Fresh Watermelon Whole Grain Bread Ketchup Dip	September 28  <b>Roast Beef Sandwich</b> <i>Veggie Sloppy Joe</i> Cauliflower & Broccoli Plum Halves Whole Grain Roll	September 1, 29 <b>Oven Roasted Turkey w/ Gravy</b> <i>Veggie Tamale</i> Local Green Beans Fresh Fruit Salad Mashed Potatoes	September 2, 30 <b>Cheese Pizza</b>  Steamed Broccoli Apple Slices/Homemade Applesauce
September 5  <b>Three Cheese Lasagna</b>  Local Green Beans Fresh Tangelo Slices Whole Grain Bread	September 6  <b>Turkey Burger</b> <i>Veggie Burger</i>  Sweet Potatoes Fries Apple Slices Whole Grain Roll	September 7  <b>Farfalle w/ Cheese</b>  Fresh Cauliflower & Carrots Banana Halves Pasta	September 8  <b>BBQ Chicken</b> <i>BBQ Tofu</i>  Fresh Broccoli Fresh Peaches/Pears Whole Grain Roll	September 9 <b>Fish Tenders</b> <i>Potato Latke</i> Local Peas Fresh Fruit Salad Whole Grain Bread
September 12  <b>Ravioli w/ Marinara</b> <i>Spaghetti Marinara</i>  Garlic Green Beans Orange Slices Whole Grain Bread	September 13 <b>Sweet &amp; Sour Chicken</b> <i>Sweet &amp; Sour Tofu Strips</i>  Asian Veggies Fresh Cut Pineapple Jasmine Rice	September 14  <b>Grilled Cheese</b> Tomato Soup or Fresh Carrots/Cucumbers Fresh Melon	September 15 <b>Turkey Meatloaf</b> <i>Veggie MeatLoaf</i>  Mashed Sweet Potatoes Homemade Applesauce Whole Grain Bread	September 16  <b>Mac &amp; Cheese</b>  Local Sweet Peas Fresh Plum Halves Whole Grain Bread
September 19 <b>Pasta Bolognese</b> <i>Pasta Marinara</i>  Local Peas Orange Slices Whole Grain Bread	September 20 <b>Adobo Chicken</b> <i>Grilled Veggie Fajitas</i>  Veggie Medley Banana Halves Flour Tortillas	September 21  <b>Meatballs Marinara</b> <i>Meatballs(seitan)Marinara</i> Cauliflower & Broccoli Fresh Fruit Salad Whole Grain Bread	September 22 <b>Pineapple Glazed Turkey</b> <i>Pineapple Glazed Tofu</i> Local Green Beans Fresh Cut Melon Whole Grain Bread	September 23 <b>Veggie Stir Fry</b> Sesame Broccoli Fresh Pineapple Brown Rice

