

# **SEPTEMBER 2021**

Child Nutrition Pre K – 8th

# Hot Lunch

# Monday

#### **Tuesday**

### Wednesday

Beef Meatballs

with Rotini Pasta

& Marinara Sauce

Assorted Fruit, 1/2 cup

Choice of Milk

#### Grilled Chicken Fajita Black Bean Salad, ½ cup Roasted Corn, ½ cup Red Pepper Strips, ½ cup Steamed Green Beans, ½ cup Assorted Fruit, ½ cup Choice of Milk

Thursday

# Friday

Sicilian Pizza Steamed Zucchini, 3/4 cup Assorted Fruit, ½ cup Choice of Milk



Chicken Smackers with Brown Rice Steamed Broccoli, 3/4 cup Assorted Fruit, ½ cup Choice of Milk

Beef Meatballs with Pasta Chickpeas Salad, 3/4 cup Assorted Fruit, \frac{1}{2} cup Choice of Milk

Sicilian Pizza Celery Sticks/LF Dip. ½ cup Roasted Zucchini- ½ cup Assorted Fruit, ½ cup Choice of Milk

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Grilled Cheese Sandwich Steamed Carrots, ½ cup French Fries, ½ cup Assorted Fruit, ½ cup Choice of Milk

13 Chicken Smackers with a Baked Bread Stick Vegetarian Beans, 3/4 cup Assorted Fruit, \frac{1}{2} cup Choice of Milk

Grilled Cheese Green Pepper Strips, ½ cup Sweet Potato Fries, ½ cup Assorted Fruit, 1/2 cup Choice of Milk

Tasty Beef Taco

Nacho Chips

Black Bean Salad, ½ cup

Roasted Corn, ½ cup

Assorted Fruit. ½ cup

Choice of Milk

Chicken Parmesan on a Bun Potato Smile Fries, ½ cup Celery Sticks/LF Dip, ½ cup Assorted Fruit, ½ cup Choice of Milk

Baked Macaroni 16 & Cheese Carrot Coins, ½ cup Steamed Broccoli, ½ cup Assorted Fruit,  $\frac{1}{2}$  cup Choice of Milk

Sicilian Pizza Steamed Zucchini, 3/4 cup Assorted Fruit, ½ cup Choice of Milk

Breaded Fish Patty 20 On a Bun Tater Tots ½ cup Pickles Assorted Fruit, ½ cup Choice of Milk

> Yummy Quesadilla with Cheese Kidney Beans, ½ cup Green Pepper Strips, ½ cup Assorted Fruit. 1/2 cup Choice of Milk

Chicken Breaded Pieces 22 with Brown Rice Breadstick Steamed Carrots, 3/4 cup Assorted Fruit, ½ cup hoice of Milk

Beef Meatballs with Rotini Pasta & ½ cup Marinara Sauce Steamed Green Beans, ½ cup Assorted Fruit, ½ cup Choice of Milk

Beef Cheese Burger on Bun-&1/4 cup Pickle Chips French Fries, ½ cup Assorted Fruit, ½ cup Choice of Milk

Grilled Chicken Fajita 30 Black Bean Salad, ½ cup Roasted Corn, ½ cup Red Pepper Strips, ½ cup Assorted Fruit, ½ cup Choice of Milk

Crispy Mozzarella Sticks Rotini Pasta  $\frac{1}{4}$  cup Marinara Sauce Steamed Broccoli, ½ cup Assorted Fruit, ½ cup Choice of Milk

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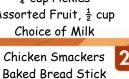
Peanut Butter or Sun Butter & Jelly Sandwiches American Cheese Sandwiches (Mayo/Mustard)

#### **Assorted Fruit**

Fresh Fruit-1 Piece ex (apple, banana, orange

Frozen Fruit Cup 1/2 cup

Prepared Fruit Cup 1/2 cup Ex. (pear, pear, peaches, applesauce)



Baked Bread Stick Smile Fries, ½ cup Vegetarian Beans, ½ cup Assorted Fruit, ½ cup Choice of Milk