

September Lunch Menu- City Gardens

Milk is provided with all breakfast meals—1% White or Chocolate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Closed	2 Buffalo Chicken Wrap V= Sun Butter& Jelly Grape Tomatoes Fruit Milk	3 Baked Chicken V= Rice Pilaf / Mixed Vegetables Rice Pilaf Mixed Vegetables Fruit Milk	4 BBQ Meatballs V=Black Bean Burger Green Beans Fruit Milk	5 Chicken Nuggets V= Beyond Chicken Sliced Cucumber Fruit Milk
8 Meatless Monday Pasta w/ Marinara V=Pasta w/ Marinara Steamed Broccoli Fruit Milk	9 Chicken Fajitas Rice with Beans V= Rice and Beans Corn Fruit Milk	10 Chicken & Waffles V= Beyond Sausage Fruit Milk	11 Turkey Ham on Bun V= Fried Tofu on Bun Carrots & Ranch Fruit Milk	12 Sloppy Joes V= Chorizo Corn Fruit Milk
15 Meatless Monday Pasta Primavera V= Lemon Pepper Pasta Fruit Milk	16 Beef Nachos/ Black Beans V= Nachos /Beans/Cheese Shredded Cheese/Sour Cream/ Salsa Fruit Milk	17 Lasagna V= Pasta w/ Sauce Sauteed Squash Fruit Milk	18 Beef Hot Dogs V=Beyond Franks Vegetarian Beans Corn Fruit Milk	19 Chicken Tenders V= Beyond chicken Mixed Vegetables Fruit Milk

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22 Meatless Monday Creamy Mac & Cheese V=Creamy Mac & Cheese Glazed Carrots Fruit Milk	23 Chicken Tacos Black Beans V= Black Bean and Cheese Taco Salsa Fruit Milk	24 Baked Mostaccioli Broccoli V= Pasta w/ Sauce Fruit Milk	25 Buffalo Chicken Wrap Grape Tomatoes & Ranch V= Sun Butter & Jelly Fruit Milk	26 Cheeseburger Baked Wedges V= Veggie Burger Fruit Milk
29 Meatless Monday Pasta w/ Spinach Cream Sauce V=Pasta w/ Cream Sauce Fruit Milk	30 Beef and Bean Enchilada Rice / Sour Cream V=Bean and Cheese Enchilada Fruit Milk			