



January 2022 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
3 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	4 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	5 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	6 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	7 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
10 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	11 (V) Whole grain pizza* Garden salad Fresh fruit	12 Chicken patty Tuscan bean and garlic soup (V) Veggie nuggets Whole wheat bread/butter* Fresh fruit	13 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	14 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
17 CLOSED FOR MLK JR DAY	18 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	19 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	20 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	21 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
24 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	25 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	26 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	27 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	28 (V) Lasagna Tossed salad Fresh fruit
31 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit			<i>Age-appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

(V) Vegetarian meal
 #Gluten free

*Whole grain
 ^Vegan



February 2022 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	2 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	3 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	4 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
7 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	8 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	9 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	10 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	11 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
14 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	15 (V) Whole grain pizza* Garden salad Fresh fruit	16 Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	17 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	18 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
21 CLOSED FOR PRESIDENT'S DAY	22 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	23 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	24 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	25 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
28 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit			<i>Age-appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan



March 2022 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Age-appropriate milk must be served with lunch</i>	1 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	2 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	3 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	4 (V) Lasagna Tossed salad Fresh fruit
7 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	8 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	9 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	10 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	11 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
14 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	15 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	16 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	17 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	18 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
21 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	22 (V) Whole grain pizza* Garden salad Fresh fruit	23 Chicken patty Tuscan bean and garlic soup (V) Veggie nuggets Whole wheat bread/butter* Fresh fruit	24 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	25 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
28 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	29 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	30 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	31 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan



April 2022 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Age-appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>			1 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* [^] Corn Grated cheese Fresh fruit
4 Power veggie beef & chicken stew (V) Black bean tortilla soup [^] Spinach salad Whole wheat bread/butter* Fresh fruit	5 Turkey meatloaf (V) French lentils w/ thyme [^] Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	6 Dirty brown rice with beef* (V) Dirty brown rice [^] Apple coleslaw Fresh fruit	7 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	8 (V) Lasagna Tossed salad Fresh fruit
11 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *# [^] Grated cheese Tossed salad Fresh fruit	12 Chicken chili (V) Veg out chili [^] Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	13 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	14 Hamburger slider (V) Black bean burger # [^] Bean medley *Whole wheat roll Fresh fruit	15 BBQ chicken leg (V) Mushroom stroganoff [^] California blend vegetables *Whole wheat bread/butter Fresh fruit
18 Turkey sloppy joe (V) Vegetarian sloppy joe [^] Corn & edamame *Whole wheat roll Fresh fruit	19 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	20 Shepherd's Pie (V) Chickpea curry with potatoes [^] Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	21 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	22 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
25 Whole wheat Turk-a-roni* (V) White bean mushroom soup [^] Grated cheese Southwest salad Fresh fruit	26 (V) Whole grain pizza* Garden salad Fresh fruit	27 Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	28 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	29 (V) Beans & Brown rice [^] Tossed salad Tortilla* Fresh fruit

(V) Vegetarian meal
#Gluten free

*Whole grain
[^]Vegan



May 2022 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	3 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	4 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	5 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	6 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
9 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	10 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	11 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	12 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	13 (V) Lasagna Tossed salad Fresh fruit
16 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	17 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	18 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	19 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	20 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
23 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	24 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	25 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	26 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	27 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
30 CLOSED FOR MEMORIAL DAY	31 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit		<i>Age-appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

(V) Vegetarian meal
 #Gluten free

*Whole grain
 ^Vegan



June 2022 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Age-appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>	1 (V) Whole grain pizza* Garden salad Fresh fruit	2 Chicken patty Tuscan bean and garlic soup (V) Veggie nuggets Whole wheat bread/butter* Fresh fruit	3 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
6 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	7 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	8 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	9 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	10 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
13 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	14 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	15 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	16 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	17 (V) Lasagna Tossed salad Fresh fruit
20 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	21 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	22 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	23 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	24 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
27 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	28 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	29 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	30 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	

(V) Vegetarian meal
#Gluten free

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July 2022 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Age-appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>			1 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
4 CLOSED FOR INDEPENDENCE DAY	5 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	6 (V) Whole grain pizza* Garden salad Fresh fruit	7 Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	8 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
11 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	12 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	13 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	14 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	15 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
18 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	19 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	20 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	21 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	22 (V) Lasagna Tossed salad Fresh fruit
25 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	26 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	27 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	28 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	29 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan



August 2022 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
1 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	2 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	3 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	4 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	5 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
8 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	9 (V) Whole grain pizza* Garden salad Fresh fruit	10 Chicken patty Tuscan bean and garlic soup (V) Veggie nuggets Whole wheat bread/butter* Fresh fruit	11 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	12 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
15 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	16 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	17 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	18 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	19 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
22 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	23 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	24 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	25 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	26 (V) Lasagna Tossed salad Fresh fruit
29 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	30 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	31 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	<i>Age-appropriate milk must be served with lunch</i>	
<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>				

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September 2022 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Age-appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>		1 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	2 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
5 CLOSED FOR LABOR DAY	6 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	7 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	8 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	9 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit
12 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	13 (V) Whole grain pizza* Garden salad Fresh fruit	14 Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	15 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	16 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
19 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	20 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	21 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	22 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	23 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
26 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	27 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	28 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	29 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	30 (V) Lasagna Tossed salad Fresh fruit

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan