

# September 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Pasta w/ Meat Sauce (R) 3oz lean beef Pasta Romaine salad (A) Pineapple (C) Nonfat milk	4	5 Chicken Soft Tacos Chicken/Cheese 2 6" WG tortillas Black Bean Salad (K) Tropical Fruit (C) Nonfat milk	6	7
8	9	10 Chicken Fajita Sandwich Roast Chicken Strips WG Roll Potato Wedges/Peppers and Canned Apricots (fA,fK) Nonfat milk	11	12 Crispy Oven Fried Fish (R) Pollack Mixed Vegetables (A) Coleslaw Applesauce (C) Nonfat milk	13	14
15	16	17 Housemade Meatballs (R) Turkey Egg Noodles Peas&Carrots (A) Pineapple (C) Nonfat milk	18	19 Pulled Chicken Sandwich Chicken WG roll Roast swt potatoes, 3-bean salad (A,C,K) Cantaloupe (A,C,K) Nonfat milk	20	21
22	23	24 Spinach & Barley Enchiladas (R) Cheese Barley, WG tortillas tomatoes , spinach (A, C,K) Tropical fruit (C) Nonfat milk	25	26 Vegetable Lasagna (R) Cheese Pasta Tomato-Cucumber salad (C,K) Mixed fruit (C) Nonfat milk	27	28
29	30	1	2	3	4	5
6	7	Notes				

