

SEPTEMBER, 2019

monday	tuesday	wednesday	thursday	friday
NO SCHOOL	2 TACO TUESDAY whole wheat soft shells, shredded chicken, black beans, brown rice, salsa, lettuce, cheddar and sour cream tortilla chips	3 BREAKFAST DAY sausage, egg and cheddar sandwich on english muffin hash browns	4 grilled cheese sandwich on whole wheat baked crinkle fries tomato soup	5 PIZZA DAY whole wheat dough meatball, bacon or cheese
9 PASTA DAY penne alfredo diced chicken broccoli multigrain bread	10 NACHO DAY build your own! seasoned ground beef black beans lettuce salsa cheddar sour cream	11 BREAKFAST DAY pancakes sausage cheesy eggs home fries fresh mixed berry syrup	12 STUDENT CHOICE will be announced on Mondays	13 PIZZA DAY whole wheat dough meatball, bacon or cheese
16 PASTA DAY baked rigatoni ricotta cheese and mozzarella steamed veggies	17 burrito bowls diced chicken, brown rice, black beans, salsa, lettuce, cheddar and sour cream tortilla chips	18 BREAKFAST DAY assorted bagels whole fruit vanilla yogurt parfaits bacon frittata	19 baked chicken wings mashed potatoes sweet corn blueberry bread	20 PIZZA DAY whole wheat dough meatball, bacon or cheese
23 PASTA DAY penne marinara meatball parmesan multigrain bread	24 quesadillas chicken or cheese spanish brown rice sweet corn cake	25 BREAKFAST DAY sweet honey croissant sliced ham oranges cheesy eggs	26 STUDENT CHOICE will be announced on Mondays	27 PIZZA DAY whole wheat dough meatball, bacon or cheese
30 PASTA DAY beef stroganoff beef tips egg noodles mushroom cream sauce				

