

SEPTEMBER, 2022

monday	tuesday	wednesday	thursday	friday
	TACO DAY shredded chicken brown rice black beans salsa, sour cream, cheddar cheese lettuce tortilla chips	BREAKFAST DAY pancakes sausage scrambled eggs hash browns	GRILLED CHEESE on whole wheat tomato soup baked tater tots steamed veggies	PIZZA DAY whole wheat dough bacon or cheese fresh veggies
MAC AND CHEESE zucchini fries peas	QUESADILLA chicken and cheese spanish rice black beans sweet corn cake	BREAKFAST DAY scrambled eggs bagels and cream cheese sausage homefries	CHEESE BURGER waffle fries fresh veggies	PIZZA DAY whole wheat dough bacon or cheese fresh veggies
RIGATONI BAKE blush sauce ricotta and mozzarella cheese steamed carrots	NACHO DAY build your own ground beef black beans brown rice salsa, sour cream, cheddar cheese lettuce	BREAKFAST DAY waffles bacon cheesy eggs berry syrup	SLOPPY JOES on a broiche bun sweet potato fries	PIZZA DAY whole wheat dough bacon or cheese fresh veggies
MEATBALL PASTA penne pasta marinara steamed broccoli	BURRITO BOWLS diced chicken brown rice black beans lettuce, cheddar cheese sour cream	BREAKFAST DAY assorted muffins scrambled eggs bacon hash browns	BBQ SHREDDED CHICKEN sweet potatoes green beans	PIZZA DAY whole wheat dough bacon or cheese fresh veggies
				