



# September 2019

| DAILY LUNCH OFFERINGS |  |  |   |   |  |
|-----------------------|--|--|---|---|--|
|                       | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
| The Grill             | Chicken Patty Sandwich   | Hot Dog on WW Bun  | Meatball Sandwich   | Classic Cheeseburger w/ Lettuce & Tomato          | South Philly Cheesesteak   |
| The Pizzeria          | Garlic Pizza (V)   | Cheese Slice (V)   | French Bread Pizza (V)                                    | Personal Round Pizza (V)                          | Cheese Slice (V)   |
| The Deli              | Cheese Hoagie with Lettuce & Tomato (V)  | Chicken Ranch Wrap   | Turkey & Cheese Hoagie                                    | Buffalo Chicken Wrap                              | Italian Hoagie   |
| Fresh Express         | Chicken Caesar Salad w/ Garlic Breadstick  |  Chicken Taco Salad | Chef Salad w/ Turkey & Garlic Breadstick                  | Chicken Caesar Salad w/ Garlic Breadstick         | Chef Salad w/ Turkey & Garlic Breadstick   |
| LUNCH MENU            |  |  |   |   |  |
|                       | MONDAY 9/2   | TUESDAY 9/3  | WEDNESDAY 9/4   | THURSDAY 9/5                                      | FRIDAY 9/6   |
| Featured Entrée       | <br><b>Labor Day</b><br>Schools & Administrative Offices Closed | French Toast Stick(2) w/ Turkey Sausage Links(2) & Syrup   | Turkey Taco Bowl w/ WW Tortilla Rounds                    | Crispy Orange Chicken w/ Brown Rice & Dinner Roll | Sloppy Joe Sandwich  |
| CHOOSE 1-4            |  | Savory Corn  | Broccoli Cuts   | Garlic Green Beans                                | Curly Fries  |
|                       |  | Potato Rounds  | Garden Salad w/ Dressing                                  | Cherry Tomatoes w/ Low Fat Dip                    | Broccoli Florets w/ Low Fat Dip  |
|                       |  | Orange Juice   | Frozen Fruit Juice Cup                                    | Pineapple Juice                                   | Diced Pears  |
|                       |  | Fresh Banana   | Fresh Peach   | Fresh Grapes                                      | Fresh Watermelon   |
|                       | Milk   | Milk   | Milk  | Milk  | Milk   |
|                       | MONDAY 9/9   | TUESDAY 9/10   | WEDNESDAY 9/11  | THURSDAY 9/12                                     | FRIDAY 9/13  |
| Featured Entrée       | Grilled Cheese (V)   | Roasted Chicken w/ Gravy, Brown Rice & Dinner Roll   | Mac & Cheese w/ Garlic Breadstick (V)                     | Chicken Nuggets(5) w/ Dinner Roll                 | Fish Sticks(4) w/ Tartar Sauce & Dinner Roll   |
| CHOOSE 1-4            | Garlic Green Beans   | Baked Beans  | Vegetable Fruit Juice                                     | Curly Fries                                       | Sweet Potato Waffle Fries (8)  |
|                       | Cucumber Coins w/ Low Fat Dip  | Baby Carrots w/ Low Fat Dip  | Garden Salad w/ Dressing                                  | Cherry Tomatoes w/ Low Fat Dip                    | Broccoli Florets w/ Low Fat Dip  |
|                       | Blended Fruit Juice  | Applesauce   | Pineapple Tidbits   | Peach Slices                                      | Craisins   |
|                       | Fresh Local Apple  | Fresh Banana   | Fresh Peach   | Fresh Grapes                                      | Fresh Watermelon   |
|                       | Milk   | Milk   | Milk  | Milk  | Milk   |
|                       | MONDAY 9/16  | TUESDAY 9/17   | WEDNESDAY 9/18  | THURSDAY 9/19                                     | FRIDAY 9/20  |
| Featured Entrée       | Cheese Calzone w/ Marinara Sauce (V)   | Chicken Tenders(3) w/ Dinner Roll  | Beefy Mac & Cheese w/ Garlic Breadstick                   | Chicken Cheesesteak                               | Whole Wheat Penne w/ Meatballs   |
| CHOOSE 1-4            | Savory Corn  | Baked Beans  | Broccoli Cuts   | Sweet Potato Waffle Fries (8)                     | Italian Vegetable Blend  |
|                       | Cucumber Coins w/ Low Fat Dip  | Baby Carrots w/ Low Fat Dip  | Garden Salad w/ Dressing                                  | Cherry Tomatoes w/ Low Fat Dip                    | Broccoli Florets w/ Low Fat Dip  |
|                       | Blended Fruit Juice  | Diced Pears  | Sliced Strawberries                                       | Orange Juice                                      | Applesauce   |
|                       | Fresh Local Apple  | Fresh Banana   | Fresh Peach   | Fresh Grapes                                      | Fresh Watermelon   |
|                       | Milk   | Milk   | Milk  | Milk  | Milk   |
|                       | MONDAY 9/23  | TUESDAY 9/24   | WEDNESDAY 9/25  | THURSDAY 9/26                                     | FRIDAY 9/27  |
| Featured Entrée       | Cheese Quesadilla w/ Sour Cream (V)  | Sloppy Joe Sandwich  | French Toast Sticks(2) w/ Turkey Sausage Links(2) & Syrup | Crispy Orange Chicken w/ Brown Rice & Dinner Roll | <br><b>Professional Development</b><br>Schools Closed |
| CHOOSE 1-4            | Salsa Cup  | Baked Beans  | Potato Rounds   | Garlic Green Beans                                |  |
|                       | Cucumber Coins w/ Low Fat Dip  | Baby Carrots w/ Low Fat Dip  | Garden Salad w/ Dressing                                  | Cherry Tomatoes w/ Low Fat Dip                    |  |
|                       | Craisins   | Applesauce   | Frozen Fruit Juice Cup                                    | Peach Slices                                      |  |
|                       | Fresh Local Apple  | Fresh Banana   | Fresh Peach   | Fresh Grapes                                      |  |
|                       | Milk   | Milk   | Milk  | Milk  |  |