



September Lunch Menu

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

				1 Spaghetti w/ Parmesan Cheese Salad and Fresh Fruit
4 	5 Taco Tuesday! Seasoned Chicken Corn Tortillas w/lettuce, tomatoes, and cheese	6 Spaghetti with Turkey Meat Sauce, Mixed Salad & Fresh Fruit	7 Cheese Enchilada w/ Garden Salad Fresh Fruit	8 Italian Bagels with Bell Peppers Garden Salad Fresh Fruit
11 Chicken Teriyaki w/ Broccoli Rice & Fresh Fruit	12 Veggie Burger on Whole Wheat Bun w/ Sliced Tomatoes, Lettuce and Cheese Fresh Fruit	13 Chicken Adobo w/ Rice & Fresh Fruit	14 Macaroni & Cheese w/ Broccoli & Fresh Fruit	15 Herb Roasted Chicken w/ Potatoes & Fresh Fruit
18 Pasta Alfredo w/ Zucchini Crusty Garlic bread Fresh Fruit	19 Taco Tuesday! Ground Turkey Corn Tortillas w/lettuce, tomatoes, and cheese	20 Turkey Cheese Sandwich on Whole Wheat w/ Lettuce & Tomatoes & Fresh Fruit	21 Egg noodles w/ Alfredo Sauce & Broccoli Crusty Garlic Bread Fresh Fruit	22 BBQ Meatballs w/ Mashed Potatoes & Corn
25 Chicken Pasta Primavera w/ Carrots and Broccoli & Fresh Fruit	26 Cheese Tortellini w/ Butter Garlic Sauce, Salad Whole Wheat Garlic Bread	27 Chicken Enchilada w/ Garden Salad Fresh Fruit	28 Veggie Burger on Whole Wheat Bun w/ Sliced Tomatoes, Lettuce and Cheese Fresh Fruit	29 Chicken Adobo w/ Rice & Fresh Fruit

Fruit of the Month...

- **Ebony Treat Black Plums**
- **Brittany Gold Apricots**
- **Strawberries**
- **Blueberries**
- **Valencia Oranges**
- **Candy Pearl White Nectarines**
- **Donut White Peaches**

- Water is served with every meal and is our **primary** source of beverage.
- All meals are served Family Style
- A half serving of a fruit and a vegetable is served with every meal and provided by *The Fruit Guys*.
- All meals are homemade and do not include anything fried, re-heated or with trans-fat.
- Only whole grain and whole wheat foods are provided.

