

September 2023 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Vegetarian Lasagna Garlic Bread Broccoli and Cauliflower Tangerine Milk
Center Closed for Labor Day 4	5 Chicken Patty Whole Grain Corn Muffin with Butter Spinach Side Salad with Ranch Creole Style Black Eyed Peas Cherry Cobbler Milk	Center Closed for Field Trip 6	7 Chicken in Orange Sauce Whole Grain Rice Stir Fry Vegetables Cauliflower Strawberries and Blueberries Milk	8 Macaroni and Cheese Vegetarian Baked Beans Cucumber Vinaigrette Salad Stewed Tomatoes Grapes Milk
11 Oven Fried Chicken Legs Cornbread with butter Roasted Cauliflower 4-way vegetable mix Berries Milk	12 Korean Beef Over Jasmine Rice Jasmine Rice Whole Grain Roll with butter Garlic Seasoned Green Beans Mango Milk	13 Hawaiian Chicken Coconut Rice Edamame Broccoli Watermelon Milk	14 Chicken Spaghetti Whole Grain Roll with butter Red Beans Summer Squash Apricot Milk	15 Baked Cajun Fish Rice Pilaf Collard Greens Carrots Strawberries Milk
18 Grilled Pollock Red Roasted Potatoes Wedges Whole Grain Bun Steamed Kale Carrots Blueberry Cobbler Milk	19 Turkey Burger with Tzatziki Whole Grain Pita Seasoned Green Beans Apple in slices Milk	20 Corn Bread Stuffed Chicken Breast, supreme sauce Tossed Green Salad with dressing Glazed Baby carrots Wheat roll with margarine Apple Crisp Milk	21 Chinese Style Vegetables Beef Brown Rice Sautéed Spinach Orange Wedges Milk	22 Chicken and Waffles Honey Roasted Carrots Breakfast Hash browns Blueberries Milk
25 Hamburger Patty with Lettuce, Tomato, Onion Whole Grain Bun Beets Mashed Potatoes Strawberries and Blueberries Milk	26 Oven Fried Chicken Legs Cornbread Broccoli Scalloped Potatoes Pineapple Milk	27 Center Closed for Field Trip	28 Oven Roasted Haddock Whole Grain Cilantro Rice Whole Grain Roll Cherry Cobbler Baked Beans Spinach Milk	29 Vegetarian Lasagna Garlic Bread Broccoli and Cauliflower Tangerine Milk