



**School Lunch Menu  
1ST TO 12TH GRADE  
AUGUST 2019**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
		<b>AUGUST 21</b> Chicken tender or Turkey sub French fries Pineapple Chunks Minestrone soup Red beans soup 	<b>AUGUST 22</b> Mac and Cheese OR Tuna Sub Steam brocolini Orange Wedges White Bean soup Mushroom soup	<b>AUGUST 23</b> Taco bar and cheese Quesadilla Black Beans / Guacamole and Tricolor chips Or Tuna Sub Fruit Carrot Soup Lentil soup
<b>AUGUST 26</b> Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit Lentil soup Chicken soup	<b>AUGUST 27</b> Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges Split peas soup Potato soup	<b>AUGUST 28</b> Chicken Chinese rice egg rolls Turkey sub Turkey sub Green Beans Spa Water Minestrone soup Red beans soup	<b>AUGUST 29</b> Spiral Pasta Alfredo OR Tuna Sub Caesar Salad Peas & Carrots Peach slices White Bean soup Mushroom soup	<b>AUGUST 30</b> Cheese Ravioli OR Tuna Sub Steamed Brocollini Pear Slices Carrot Soup Lentil soup

Note: A ll pasta and couscous will be whole grain and protein enriched.

Salad bar: Romaine lettuce, spinach, edamame, couscous, quinoa, pasta salad, chick peas, carrots, green peppers, tomatoes, cucumber, onions, black olives, sweet corn, pickles, tuna, egg hard boiled. Spa water everyday.



**School Lunch Menu  
1ST TO 12TH GRADE  
SEPTEMBER 2019**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>SEPTEMBER 2</b> 	<b>SEPTEMBER 3</b> Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges Split peas soup Potato soup	<b>SEPTEMBER 4</b> Penne pasta w/ meat sauce or Turkey sub Garlic bread Steam brocolini Fruit Minestrone soup Red beans soup	<b>SEPTEMBER 5</b> Baked Ziti OR Tuna Sub Garlic Bread Green Beans Pineapple chunks White Bean soup Mushroom soup	<b>SEPTEMBER 6</b> Whole Wheat Pizza Bagel, Veggie pizza bagel or Tuna sub Sweet potatoes fries Apple Slices Carrot Soup Lentil soup
<b>SEPTEMBER 9</b> Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit Lentil soup Chicken soup	<b>SEPTEMBER 10</b> Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges Split peas soup Potato soup	<b>SEPTEMBER 11</b> Beef Lo mein Turkey Sub Broccolini Pineapple Chunks Minestrone soup Red beans soup	<b>SEPTEMBER 12</b> Taco bar and cheese Quesadilla Black Beans / Guacamole and Tricolor chips Or Tuna Sub Fruit White Bean soup Mushroom soup	<b>SEPTEMBER 13</b> Elbow pink sauce or Tuna Sub Steamed broccolini Whole wheat roll Pear slices Carrot Soup Lentil soup
<b>SEPTEMBER 16</b> Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit Lentil soup Chicken soup	<b>SEPTEMBER 17</b> Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges Split peas soup Potato soup	<b>SEPTEMBER 18</b> Arroz con pollo Sweet plantain Turkey sub Green Beans Pineapple Chunks Minestrone soup Red beans soup	<b>SEPTEMBER 19</b> Cheese Lasagna OR Tuna Sub Baked Tater Tots Mixed Veggies Pear Slices White Bean soup Mushroom soup	<b>SEPTEMBER 20</b> Mac and Cheese OR Tuna Sub Steam brocolini Orange Wedges Carrot Soup Lentil soup
<b>SEPTEMBER 23</b> Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit Lentil soup Chicken soup	<b>SEPTEMBER 24</b> Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges Split peas soup Potato soup	<b>SEPTEMBER 25</b> Chicken tender or Turkey sub French fries Pineapple Chunks Minestrone soup Red beans soup	<b>SEPTEMBER 26</b> Spiral Pasta Alfredo OR Tuna Sub Caesar Salad Peas & Carrots Peach slices White Bean soup Mushroom soup	<b>SEPTEMBER 27</b> Cheese Quesadilla Black Beans / Guacamole and Tricolor chips Or Tuna Sub Fruit Carrot Soup Lentil soup
<b>SEPTEMBER 30</b> 				

Note: All pasta and couscous will be whole grain and protein enriched.

Salad bar: Romaine lettuce, spinach, edamame, couscous, quinoa, pasta salad, chick peas, carrots, green peppers, tomatoes, cucumber, onions, black olives, sweet corn, pickles, tuna, egg hard boiled. Spa water everyday.