



AUGUST/SEPTEMBER LUNCH SCHEDULE - ALL MEALS ARE SERVED WITH A MINI WATER BOTTLE.

SALAD BAR AVAILABLE EVERYDAY

PLAIN BAGEL, BAGEL WITH CREAM CHEESE, TUNA FISH SALAD SANDWICH ON CIABATTA ROLL AVAILABLE EVERYDAY

TURKEY & SCHNITZEL SANDWICH AVAILABLE ON MEAT DAYS ONLY

WEEK 1

ALL MENUS ARE NUT FREE

AUGUST	MONDAY	TUESDAY 8/22	WEDNESDAY 8/23	THURSDAY 8/24	FRIDAY 8/25
PROTEIN	NO SCHOOL	Beef/Chicken Tacos - GF	Pizza Gluten Free Pizza Available	BBQ DAY- Beef Burgers-GF	Lasagna GF PASTA
SIDE		Rice & Beans-GF	Seasoned Baked Sweet Potato Fries-GF	Corn on the Cob-GF French fries	Garlic Bread
SALAD		Guacamole & Pico de Gallo-GF	SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY
SOUP		SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY GF
BREAD		GF Taco	N/A	Pretzel Bun Gluten Free Roll Available	N/A
FRUIT		FRUIT OF THE DAY	FRUIT OF THE DAY	FRUIT OF THE DAY	FRUIT OF THE DAY



WEEK 2

	MONDAY 8/28	TUESDAY 8/29	WEDNESDAY 8/30	THURSDAY 8/31	FRIDAY 9/1
PROTEIN	Sweet & Sour Chicken Popper GF	BEEF/CHICKEN CHIPOLTE BOWL	Pizza Gluten Free Pizza Available	Shawarma Israeli Falafel with Hummus & Tehina	Pasta – Plain or with Pink Sauce GF
SIDE	Lo Mein Vegetable Stir Fry	Rice & Beans	Sweet Potato Fries	Cous Cous	Vegetable of the Day
SALAD	SALAD OF THE DAY	Guacamole & Picc de Gallo-GF	SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY
SOUP	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY -GF	SOUP OF THE DAY
BREAD	Rice Cake-GF	N/A	N/A	Pita GLUTEN FREE ROLL AVAILABLE	Garlic Bread
FRUIT	FRUIT OF THE DAY	FRUIT OF THE DAY	FRUIT OF THE DAY	FRUIT OF THE DAY	FRUIT OF THE DAY



WEEK 3

	MONDAY 9/4	TUESDAY 9/5	WEDNESDAY 9/6	THURSDAY 9/7	FRIDAY 9/8
PROTEIN	NO SCHOOL	Beef/Chicken Tacos - GF	Pizza Gluten Free Pizza Available	BBQ DAY Beef Burgers-GF	Macaroni & Cheese
SIDE		Rice & Beans	Seasoned Baked Sweet Potato Fries-GF	Corn on the Cob-GF French fries	VEGETABLE OF THE DAY
SALAD		Guacamole & Picc de Gallo-GF	SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY
SOUP		SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY
BREAD		Taco	N/A	Pretzel Bun Gluten Free Roll Available	N/A
FRUIT		FRUIT OF THE DAY	FRUIT OF THE DAY	FRUIT OF THE DAY	FRUIT OF THE DAY



WEEK 4

	MONDAY 9/11	TUESDAY 9/12	WEDNESDAY 9/13	THURSDAY 9/14	FRIDAY 9/15
PROTEIN	Spaghetti & Meatballs GF PASTA	Beef/Chicken Chipolte Bowl	Pizza Gluten Free Pizza Available	Chicken Schnitzel GF CHICKEN	NO SCHOOL
SIDE	Vegetable of the Day	Rice & Beans	Seasoned Baked Sweet Potato Fries-GF	Tater Tots	
SALAD	SALAD OF THE DAY	Guacamole & Picc de Gallo-GF	SALAD OF THE DAY	SALAD OF THE DAY	
SOUP	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	
BREAD	Slice of Garlic Bread GLUTEN FREE ROLL AVAILABLE	N/A	N/A	Mini Baguette	
FRUIT	FRUIT OF THE DAY	FRUIT OF THE DAY	FRUIT OF THE DAY	FRUIT OF THE DAY	



WEEK 5

	MONDAY 9/18	TUESDAY 9/19	WEDNESDAY 9/20	THURSDAY 9/21	FRIDAY 9/22
PROTEIN	Sweet & Sour Chicken Popper	Beef/Chicken Tacos - GF	Pizza Gluten Free Pizza Available	BBQ DAY Beef Burgers-GF	Baked Ziti
SIDE	Lo Mein Vegetable Stir Fry	Rice & Beans	Seasoned Baked Sweet Potato Fries-GF	Corn on the Cob-GF French fries	Vegetable of the Day
SALAD	SALAD OF THE DAY	Guacamole & Picc de Gallo-GF	SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY
SOUP	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY
BREAD	Rice Cake	N/A	N/A	Pretzel Bun	N/A
FRUIT	FRUIT OF THE DAY	FRUIT OF THE DAY	FRUIT OF THE DAY	FRUIT OF THE DAY	FRUIT OF THE DAY



WEEK 6

	MONDAY 9/25	TUESDAY 9/26	WEDNESDAY 9/27	THURSDAY 9/28	FRIDAY 9/29
PROTEIN	NO SCHOOL	Beef/Chicken Chipolte Bowl GF	Pizza Gluten Free Pizza Available	Shawarma Israeli Falafel with Hummus & Tehina	NO SCHOOL
SIDE		Rice & Beans	Seasoned Baked Sweet Potato Fries-GF	Cous Cous	
SALAD		Guacamole & Picc de Gallo-GF	SALAD OF THE DAY	SALAD OF THE DAY	
SOUP		SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	
BREAD		N/A	N/A	PITA	
FRUIT		FRUIT OF THE DAY	FRUIT OF THE DAY	FRUIT OF THE DAY	