





School Lunch Menu
1ST TO 12TH GRADE
AUGUST 2019

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

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

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.