

September 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Labor Day	2 Chicken Stir Fry Asian vegetables Brown rice Fresh fruit Salad Bar Water	3 Soft Tacos w/brown rice Corn, lettuce, tomatoes & beans Fresh fruit Yogurt and cottage cheese Salad bar Milk	4 Pasta w/ground turkey sauce Garlic bread Steamed vegetables Fresh fruit Salad bar Water	5 French Toast Steamed vegetables Fresh fruit Yogurt and cottage cheese Salad bar Milk	
7	8 Turkey Meatloaf Roasted potatoes Steamed vegetables Fresh fruit Salad Bar Water	9 Bagels & cream cheese Blintzes Steamed vegetables Fresh fruit Yogurt and cottage cheese Salad bar Milk	10 Grilled cheese on ww Tomato soup Vegetables Fresh fruit Yogurt and cottage cheese Salad bar Milk	11 Turkey deli on whole wheat Rice Vegetable Fresh fruit Yogurt and cottage cheese Salad bar Milk	12 Falafel on pita Israeli couscous Israeli salad Fresh fruit Yogurt and cottage cheese Salad bar Milk	13
14	15 Hamburgers Sweet potato fries Coleslaw Vegetables & Fresh fruit Salad Bar Water	16 Tuna salad Stewed tomatoes Fresh fruit Yogurt and cottage cheese Salad bar Milk	17 Cheese quesadillas ww Brown rice & broccoli Fresh fruit Yogurt and cottage cheese Salad bar Milk	18 Turkey meatball subs Baked potato Steamed vegetables Fresh fruit Salad bar Water	19 Pizza Steamed vegetables Fresh fruit Yogurt and cottage cheese Salad bar Milk	20
21	22 Baked ziti Garlic bread Steamed vegetables Fresh fruit Yogurt and cottage cheese Salad bar & milk	23 Roasted Chicken Sweet mashed potatoes Steamed vegetables Fresh fruit Salad bar Water	24 Early Dismissal	25 No School	26 No School	27
28	29 Soft Tacos w/brown rice Corn, beans Fresh fruit Yogurt and cottage cheese Salad bar Milk	30 Baked fish w/ orzo Mixed roasted veggies Fresh fruit, salad bar, yogurt Cottage cheese and milk	Notes:			

