

September

ALLERGY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BEEFY MARINARA 1 PASTA IRISH ROASTED VEGETABLES BANANA WG CORN TORTILLA	FIESTA CHICKEN 2 STEAMED RICE DICED CARROTS ORANGE WG CORN TORTILLA*	RED BEANS & RICE 3 BROCCOLI PEAR WG CORN CHIPS*	CHICKEN CACCIATORE 4 PASTA BUTTERNUT SQUASH MELON MIX WG CORN TORTILLA
7 CLOSED	CHICKEN TACO 8 SPANISH RICE CORN BANANA WG CORN TORTILLA*	TURKEY IN COUNTRY 9 GRAVY MASHED POTATOES BROCCOLI ORANGE WG CORN TORTILLA *	CHICKEN MARINARA 10 ROASTED RAINBOW POTATOES BRUSSEL SPROUTS PEAR WG CORN CHIPS*	BEEF SLOPPY JOE 11 BAKED SWEET POTATO FRIES GREEN PEAS MELON MIX WG CORN TORTILLA*
CHICKEN & RICE 14 BAKE (NO CHEESE) GREEN BEANS APPLE WG CORN CHIPS*	BEEFY MARINARA 15 PASTA CAULIFLOWER BANANA WG CORN TORTILLA	RED BEANS & RICE 16 SAUTEED CABBAGE ORANGE WG CORN CHIPS	FIESTA CHICKEN 17 STEAMED RICE CORN PEAR WG CORN CHIPS	CHICKEN CACCIATORE 18 PASTA BUTTERNUT SQUASH MELON MIX WG CORN TORTILLA
VEGETARIAN BEAN CHILI 21 PASTA DICED CARROTS APPLE WG CORN CHIPS	CHICKEN & RICE 22 BROCCOLI BANANA WG CORN TORTILLA	BBQ CHICKEN 23 BACKED SLICED POTATOES SAUTEED CABBAGE ORANGE WG CORN TORTILLA	CHICKEN TACO 24 SPANISH BLACK BEANS CAULIFLOWER RICE PEAR WG CORN TORTILLA	BBQ BEEF 25 BAKED SWEET POTATOES BRUSSEL SPROUTS MELON MIX WG CORN TORTILLA
BEEF NACHOS 28 REFRIED BEANS GREEN BEANS APPLE WG CORN CHIPS	CHICKEN & RICE 29 IRISH ROASTED VEGETABLES BANANA WG CORN TORTILLA	FIESTA CHICKEN 30 STEAMED RICE DICED CARROTS ORANGE WG CORN TORTILLA*		

OUR CHICKEN & BEEF ARE 100% NATURAL, NO ARTIFICIAL INGREDIENTS, NO ARTIFICIAL COLORS, NO PRESERVATIVES.

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MENU PROVIDED BY QUALITY CATERING APPROVED BY RANA AHMAD, MS RDN LDN

MENUS ARE SUBJECT TO CHANGE

*MILK IS SERVED DAILY WITH BREAKFAST & LUNCH

UNFLAVORED WHOLE MILK 3.25% FAT CONTENT (AGES 1-2)
UNFLAVORED SKIM MILK-0% FAT CONTENT(AGES:2 AND UP)
LACTOSE-FREE MILK 1% (AGES: 2 AND UP)