

September

TOTS LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	CHEESY BAKED BEEF 1 MOSTACCIOLI IRISH ROASTED VEGETABLES BANANA WG WHEAT BREAD	2 MACARONI & CHEESE DICED CARROTS WG WHEAT BREAD	POLYNESIAN CHICKEN 3 MEATBALLS STEAMED RICE BROCCOLI PEAR WG WHEAT BREAD	4 WG CHEESE RAVIOLI IN MARINARA SAUCE BUTTERNUT SQUASH MELON MIX WG BREAD
7 CLOSED	CHEESY CHICKEN 8 FAJITA SKILLET SPANISH RICE CARROTS BANANA WG SOFT FLOUR TORTILLA	9 CHICKEN POT PIE MASHED POTATOES BROCCOLI DICED TROPICAL FRUIT WG BISCUIT	10 PESTO PASTA W/ DICED CHICKEN CAULIFLOWER PEAR WG WHEAT BREAD	11 BEEF SLOPPY JOE BAKED SWEET POTATO FRIES GREEN PEAS MELON MIX WG BUN
CHEESY CHICKEN & 14 RICE BAKE GREEN BEANS APPLE WG DINNER ROLL	15 MEATBALLS IN MARINARA SPAGHETTI NOODLES CAULIFLOWER BANANA WG WHEAT BREAD	16 TURKEY IN GRAVY MASHED POTATOES SAUTEED CABBAGE DICED TROPICAL FRUIT WG BISCUIT	17 TERIYAKI CHICKEN STEAMED RICE BROCCOLI DICED PEARS WG WHEAT BREAD	18 CHEESY SEASHELL PASTA BUTTERNUT SQUASH DICED MELON MIX WG WHEAT BREAD
21 VEGETARIAN BEAN CHILI ROTINI PASTA DICED CARROTS APPLESAUCE WG DINNER ROLL	22 PARMESAN CHICKEN NOODLES BROCCOLI BANANA WG WHEAT BREAD	23 BBQ CHICKEN AU'GRATIN POTATOES SAUTEED CABBAGE DICED TROPICAL FRUIT WG WHEAT BREAD	24 CHICKEN TACO SHREDDED CHEDDAR CHEESE BLACK BEANS CILANTRO CAULIFLOWER RICE DICED PEARS WG SOFT FLOUR TORTILLA	25 CHEESEBURGER CASSEROLE DICED CARROTS DICED MELON MIX WG WHEAT BREAD
28 BEEF NACHOS SHREDDED CHEDDAR CHEESE SOUR CREAM REFRIED BEANS GREEN BEANS APPLESAUCE WG SOFT FLOUR TORTILLA	29 CHEESY BAKED BEEF MOSTACCIOLI IRISH ROASTED VEGETABLES BANANA WG WHEAT BREAD*	30 MACARONI & CHEESE DICED CARROTS DICED TROPICAL FRUIT WG WHEAT BREAD		

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

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

MENUS ARE SUBJECT TO CHANGE

*MILK IS SERVED DAILY WITH BREAKFAST & LUNCH

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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)