

SEPTEMBER 2026



MAKE YOUR LUNCH RESERVATIONS
AT LEAST ONE BUSINESS DAY
IN ADVANCE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9/1 Sweet & Sour Pork Asian Vegetable Soup C Cabbage C California Vegetables Brown Rice Fresh Strawberries	9/2 Baked Chicken with Creamy Dijon Sauce and Penne Pasta <u>Italian Vegetables</u> C Brussels Sprouts Peaches	9/3 Beef Chili w/Cornbread <u>Collard Greens</u> Stewed Tomatoes Pasta Salad C Applesauce	9/4 LABOR DAY LUNCH BBQ Chicken Sandwich w/Lettuce, Tomato, Onion on a Bun Baked Beans Green Salad w/Ranch Dressing C Tangerine Chocolate Chip Cookie
9/7 LABOR DAY HOLIDAY	9/8 Sloppy Joe on a Whole Grain Bun C Confetti Coleslaw Tater Tots Seasonal Fresh Fruit Ice Cream	9/9 Yogurt Dill Turkey Salad Sandwich w/Lettuce, Tomato, & Onion on Whole Wheat Bread Split Pea Soup Tomato, Cucumber, & Feta Salad C Tropical Fruit	9/10 BBQ Pork Rib Patty <u>Candied Spiced Yams</u> C Broccoli & Cauliflower Whole Wheat Roll w/Butter Fresh Apple	9/11 Breaded Pollock w/Tartar Sauce Tuscan Bean Soup C <u>Fiesta Vegetables</u> Macaroni & Cheese Honeydew Melon
9/14 Sesame Pork w/ Garlic Noodles Asian Corn & Mushroom Soup Sesame Green Beans Zucchini & Tomato Salad C Tangerine	9/15 LATIN INDEPENDENCE DAY Cheese Tamale w/Green Chili Sauce C <u>Fiesta Vegetables</u> Spanish Brown Rice Banana Lime Gelatin	9/16 Beef Frito Pie w/Tortilla Chips C Cilantro Coleslaw Mexicali Corn Fruit Cocktail	9/17 Turkey Coconut Curry Cream of Mushroom Soup <u>Scandinavian Veggies</u> Brown Rice C Citrus Fruit	9/18 Buffalo Ranch Chicken Sandwich w/Lettuce, Tomato, & Onion on a Whole Grain Bun <u>Key Largo Vegetables</u> C Cauliflower Fresh Apple
9/21 Turkey Salad Sandwich w/Lettuce, Tomato, & Onion on Whole Wheat Bread Minestrone Soup <u>Spinach Salad</u> w/Balsamic Vinaigrette C Tropical Fruit	9/22 Baked Chicken with Korean BBQ Sauce Egg Drop Soup C Cauliflower Asian Green Bean Salad Sesame Pasta Fresh Pear	9/23 OKTOBERFEST + Bratwurst with Sauerkraut & Mustard on Whole Grain Bun C Broccoli Hot Potato Salad Spiced Peaches	9/24 Baked Tilapia with Honey Ginger Glaze Citrus Lentil Soup <u>Carrots</u> Green Salad w/Sesame Dressing Asian Brown Rice C Fresh Orange	9/25 Meatloaf w/Gravy C Garlic Whipped Potatoes Stewed Tomatoes Green Peas Whole Wheat Roll w/Butter <u>Apricots</u>
9/28 + Spaghetti & Meatballs w/Marinara Sauce and Parmesan Cheese C Brussels Sprouts Marinated Beets Seasonal Fresh Fruit	9/29 Turkey Burger with Swiss Cheese, Lettuce, Tomato, Onion, Ketchup, Mustard, & Mayo on a WG Bun Broccoli Cheese Soup C <u>Fiesta Vegetables</u> Banana	9/30 Breaded Pollock w/Florentine Sauce <u>Pacific Vegetables</u> Brown Rice Garden Pea Salad C Citrus Fruit		

All meals served with
lowfat milk.

2 DAILY ALTERNATIVE ENTRÉE CHOICES:
VEGETARIAN OR FEATURED ENTRÉE SALAD
(CRANBERRY WALNUT CHICKEN SALAD
W/BALSAMIC VINAIGRETTE).

— Vitamin A

+ Higher in sodium

C Vitamin C

Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free.