

September

K-12 LUNCH

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| | | | | <ul style="list-style-type: none"> buffalo chicken crunchadilla cheesy ravioli (vg) honey mustard chicken wrap sesame chicken salad dairy free option by request (chicken salad) chilled, seasoned green beans 1 |
| <p>no school for students</p> <p>4</p> | <ul style="list-style-type: none"> chicken bites (df) spicy chicken chorizo and cheese eggel sandwich mighty meaty deli combo sandwich cheddar cheese sandwich (vg) 5 | <ul style="list-style-type: none"> breakfast for lunch: pancakes w/ omelet (vg) chicken taco trio garden ranch salad with chicken breast turkey and cheddar sandwich sweet potatoes 6 | <ul style="list-style-type: none"> the revolution hot dog (df) oven roasted chicken sandwich (df) egg salad sandwich (vg) (df) chicken salad sandwich (df) chopped lettuce and sliced tomatoes with ranch 7 | <ul style="list-style-type: none"> buffalo chicken pizza general tso's chicken (df) sunny sandwich kit (sunbutter and jelly) (vg) bbq chicken wrap chilled, seasoned green beans 8 |
| <ul style="list-style-type: none"> buffalo chicken crunchadilla uncle ted's bbq chicken drumstick with cheesy rice cheddar cheese sandwich (vg) turkey and cheddar sandwich green peas 11 | <ul style="list-style-type: none"> cheese enchiladas (vg) baked mac & cheese and chicken bites lunch combo mighty meaty deli combo sandwich sesame chicken wrap (df) chilled, seasoned green beans 12 | <ul style="list-style-type: none"> spaghetti marinara with mozzarella (vg) crispy chicken sandwich (df) santa fe chile chicken and black bean wrap chicken salad sandwich (df) baby carrots and edamame 13 | <ul style="list-style-type: none"> chicken teriyaki with brown rice (df) pepper jack cheeseburger veggie taco salad (vg) turkey and cheddar sandwich chopped lettuce and sliced tomatoes with ranch 14 | <ul style="list-style-type: none"> the revolution hot dog (df) cheese pizza (vg) sunny sandwich kit (sunbutter and jelly) (vg) honey mustard chicken wrap sweet potatoes 15 |
| <ul style="list-style-type: none"> chicken bites (df) cheese pizza panada pie (vg) turkey and cheddar sandwich egg salad sandwich (vg) (df) chilled, seasoned green beans 18 | <ul style="list-style-type: none"> jerk drumstick with pineapple carrot rice (df) baked mac & cheese and bbq chicken lunch combo cheddar cheese sandwich (vg) mighty meaty deli combo sandwich sweet potatoes 19 | <ul style="list-style-type: none"> general tso's chicken (df) five cheese lasagna (vg) veggie chef's salad (vg) chicken salad sandwich (df) baby carrots and edamame 20 | <ul style="list-style-type: none"> flame broiled beef cheeseburger buffalo chicken sandwich chicken caesar wrap sunny sandwich kit (sunbutter and jelly) (vg) chopped lettuce and sliced tomatoes with ranch 21 | <ul style="list-style-type: none"> firecracker chicken with sesame noodles buffalo chicken pizza honey mustard salad with grilled chicken bites southwest veggie wrap (vg) green peas 22 |
| <ul style="list-style-type: none"> breakfast for lunch: sausage with pancakes chicken taco trio turkey and cheddar sandwich sunny sandwich kit (sunbutter and jelly) (vg) steamed corn 25 | <ul style="list-style-type: none"> cheesy ravioli (vg) kickin chicken melt sandwich chillin' chinese chicken noodles cheddar cheese sandwich (vg) chilled, seasoned green beans 26 | <ul style="list-style-type: none"> mama's tamale (red chile chicken) (df) *new* italian "sausage" calzoni (vg) mighty meaty deli combo sandwich chicken salad sandwich (df) pinto beans and baby carrots 27 | <ul style="list-style-type: none"> oven roasted chicken sandwich (df) the revolution hot dog (df) chicken pizza party salad southwest veggie wrap (vg) chopped lettuce and sliced tomatoes with ranch 28 | <ul style="list-style-type: none"> cheese pizza panada pie (vg) (hot) turkey and cheese flatbread sandwich bbq chicken wrap hummus dippers (vg) sweet potatoes 29 |

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

