



A HEALTHY TOUCH

SEPTEMBER 2019 PRESCHOOL LUNCH MENU v2, 8.27.19



Monday (Dairy)	Tuesday (MEAT)	Wednesday (DAIRY)	Thursday (Meat)	Friday (Dairy)
<p>2</p> <p>LABOR DAY</p> <p>NO SCHOOL!</p>	<p>3</p> <p>Sloppy Joe with Wheat Bun Mashed Potato Peas & Carrots</p>	<p>4</p> <p>Whole Wheat Pasta Primavera w/ Pesto Sauce, extra Cheese Zucchini</p>	<p>5</p> <p>Chicken Tenders & Ketchup Fries Green Beans</p>	<p>6</p> <p>Spinach Quiche Tomatoes Seasoned Okra</p>
<p>9</p> <p>Grilled Cheese Sandwich Sweet Potatoes Broccoli</p>	<p>10</p> <p>Turkey Chili Rice Lima Beans</p>	<p>11</p> <p>Baked Ziti Spaghetti Squash Spinach Lightly Saute</p>	<p>12</p> <p>Chicken Shawarma Israeli Cous Cous Israeli Salad</p>	<p>13</p> <p>Sicilian Pizza Sliced Cucumbers & Ranch Green Beans</p>
<p>16</p> <p>Mac & Cheese Garden Salad w/ Dressing Zucchini</p>	<p>17</p> <p>Hamburger on a WW Bun Baked Fries & Ketchup Sliced Tomatoes</p>	<p>18</p> <p>Black Bean & Cheese Burrito Black Beans Broccoli Corn</p>	<p>19</p> <p>Chicken Cacciatore Whole Wheat Bowtie Pasta Broccoli</p>	<p>20</p> <p>Vegetable Frittata Pancakes & Syrup Green Beans</p>
<p>23</p> <p>Cheese Lasagna Ceaser Salad w/ Dressing Lima Beans</p>	<p>24</p> <p>Turkey Meatloaf Mashed Potato Peas & Carrots</p>	<p>25</p> <p>Cheese Quesadilla WW Tortilla Black Beans Corn</p>	<p>26</p> <p>Chicken Teriyaki Brown Rice Broccoli</p>	<p>27</p> <p>Cheese Pizza Cucumbers Sliced & Ranch Green Beans</p>
<p>30</p> <p>Rosh Hashanah</p> <p>NO SCHOOL</p>				