

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1	2	3	4
	Meat: Pepperoni Pizza – Fruit Salad Veggie: Cheese Pizza – Fruit Salad Lite Fare: Club Box – Meat, Cheese, Lettuce, Mini Buns	Meat: Baked Popcorn Chicken – Macaroni & Cheese – Steamed Broccoli Veggie: Steamed Veggies – Macaroni & Cheese – Fresh Fruit Lite Fare: Hummus – Pita Bread – Fresh Veggies – Cut Melon	Meat: Steak Tacos – Corn on the Cobb Veggie: Grilled Zucchini & Hummus Wrap – Corn on the Cobb Lite Fare: Ham & Swiss Sliders – Original Chips – Pineapple Slices	Meat: Grilled Chicken Tenders – White Rice – Naan Bread – Cantaloupe Slices Veggie: Chickpea Lettuce Wraps – Cantaloupe Slices – Naan Bread Lite Fare: Roast Beef Pinwheels – Cantaloupe Slices
7	8	9	10	11
NO SCHOOL LABOR DAY	Meat: BBQ Chicken Sandwich – Kettle Chips – Carrot Sticks Veggie: Portobello Sandwich – BBQ Chips – Carrot Sticks Lite Fare: Grilled Cheese – Fruit Salad	Meat: Chicken Tenders – Green Beans – Orange Slices Veggie: Eggplant Parmesan – Green Beans – Orange Slices Lite Fare: Ham Roll Ups – Mozzarella Cheese – Broccoli Crowns – Carrot Sticks	Meat: Ground Turkey – Brown Rice – Stir Fry Veggies Veggie: Brown Rice – Stir Fry Veggies – Avocado Slices Lite Fare: Plain French Toast – Scrambled Eggs – Bacon Slices	Meat: Beef Lasagna – Cucumber Slices – Roll Veggie: Spinach Alfredo Lasagna – Cucumber Slices – Roll Lite Fare: Turkey Pinwheels – Plain Chips – Cucumber Slices
14	15	16	17	18
Meat: Baked Salmon – Coconut Rice – Sugar Snap Peas Veggie: Coconut Rice Bowl with Avocado and Fresh Fruit – Sugar Snap Peas Lite Fare: Red Pepper Hummus – Turkey Roll Ups – Naan Bread – Veggie Sticks	Meat: Chicken & Cheese Quesadilla – Fruit Salad – Corn Chips Veggie: Spinach Stuffed Shells – Fruit Salad Lite Fare: Ham & Cheese Sandwich – Fresh Fruit – Plain Chips	Meat: BBQ Chicken Legs - Broccoli – Macaroni & Cheese Veggie: Sticky BBQ Chickpeas – Broccoli – Macaroni & cheese Lite Fare: Grilled Cheese – Fruit Salad – Broccoli	Meat: Steak Bites – Steamed Rice – Black Beans Veggie: Veggie Quesadilla – Rosemary Chips Lite Fare: Steamed Veggies – Ham Roll Ups – Cut Grapes	Early Dismissal No LUNCH
21	22	23	24	25
Meat: Grilled Shrimp – Quinoa with Kale – Roasted Corn Veggie: Quinoa Bowl with Kale Lite Fare: Macaroni & Cheese – Pulled Chicken – Fresh Melon	Meat: Hot Dogs - Garlic Parmesan Roasted Potatoes – Sautéed Green Beans Veggie: Creamy Butter Mushrooms - Garlic Parmesan Roasted Potatoes – Sautéed Green Beans Lite Fare: Chicken Tenders – Quinoa Rice Blend – Mixed Berries	Meat: Lemon Chicken – Yellow Rice – Steamed Broccoli Veggie: Falafels – Yellow Rice – Steamed Broccoli Lite Fare: Ham & Cheese Croissant – Plain Chips – Carrot Sticks	Meat: Hamburger Pizza – Fruit Salad Veggie: Cheese Pizza – Fruit Salad Lite Fare: Pulled Chicken – Fruit Salad – Roasted Potatoes	Meat: Beef Stew – Mashed Potatoes – Cornbread Veggie: Veggie Stew with Mushrooms – Mashed Potatoes – Cornbread Lite Fare: Chicken Pinwheels – BBQ Chips – Cut Grapes
28	29	30	1	2
Meat: Fried Catfish – Roasted Potatoes – Corn on the Cob Veggie: Spinach & Artichoke Pasta Bake – Corn on the Cob Lite Fare: Turkey & Cheese Sliders – Fresh Fruit – Original Chips	Meat: Free Range Burgers – Home Fries – Fruit Salad Veggie: Black Bean – Home Fries – Fruit Salad Lite Fare: Grilled Cheese Sandwich – Plain Chips – Fruit Salad	Meat: Grilled Chicken – Sugar Snaps – Mashed Potatoes Veggie: White Bean Skillet – Fruit Salad Lite Fare: Roast Beef Sliders – French Fries – Cut Fruit		