

September 2022

Mon	Tue	Wed	Thu	Fri
		31 Tuscan Bean Soup Flat Bread Assorted Pizza Vegetable Caponata Grapes Hand Pies	1 Vegetable Beef Grilled Chicken Caesar Wrap Steamed Broccoli Chips Lemon Blueberry Cake	2 Chicken Tortilla Fish Tacos Cilantro Lime Brown Rice Esquites Tres Leches Cake
5 Labor Day Lakeside School Closed	6 Gumbo BBQ Chicken Herb Roasted Potatoes Garlic Collard Greens Brownies	7 Minestrone Spaghetti, Homemade Turkey Meatballs, Marinara, Roasted Summer Squash Chocolate Chips Banana Bars	8 Hot and Sour Pork Char Sui Stir Fry Vegetables Jasmine Rice Key Lime Bars	9 Broccoli Cheddar Baked Potato Bar Spiced Beef Cheddar Cheese Steamed Broccoli Orange Ripple Cake
12 Lakeside Grilled Cheese Sandwich and Tomato Basil Soup with Chips and Oranges Chocolate Mousse	13 Turkey and Collards Cajun Grilled Chicken Red Rice Succotash M&M Oat Bars	14 Carrot Ginger Handmade Panko Crusted Fish and Chips Coleslaw Tartar Sauce Cheesecake Cups	15 Chili Verde BBQ Pork Roasted Cumin Potatoes Ancho Dusted Corn Birthday Cupcakes	16 Clam Chowder Bronzed Salmon Caesar Salad Sourdough Roll Magic Oreo Bars
19 Red Lentil Soup Falafel Tomato Cucumber Salad Kale Tabbouleh Mounds Bar Cake	20 Black Bean Soup Philly Steak Quesadillas Cilantro Rice Refried Pinto Beans Chocolate Puff Pies	21 Kimchi-Jjigae Korean Fried Chicken Sandwich Sangchu Geotjeori Salad Fruit Cobbler	22 White Bean Rosemary Baked Ziti with Italian Sausage Garlic Bread Green Beans Marble Cake	23 Mulligatawny Tandoori Chicken Lemon Rice Roasted Cauliflower Cilantro Chutney Rhubarb Crumb Cake
26 Corn Chowder Home Made Black Bean and Quinoa Burger Roasted Sweet Potatoes Space Brownies	27 Chicken Parsnip Lemon Chicken Pomegranate Glazed Carrots Lentil Pilaf Chocolate Zucchini Cake	28 Tomato Basil Beef Stroganoff Egg Noodles Brussel Sprouts Strawberry Poke Cake	29 Pozole Chipotle Lime Chicken Burritos Jicama Slaw Apple Dapple Cake	30 Spicy Tom Yum Chicken Pad Thai Rice Noodles Carrot Cake

September Vegan 2022

Mon	Tue	Wed	Thu	Fri
		31 Broccoli Margarita Flat Bread with Vegan Cheese Vegetable Caponata Grapes	1 Sweet Potato and Black Bean Quinoa Wrap Steamed Broccoli Chips	2 Spicy Vegetable, Black Bean, Cilantro Lime Brown Rice Bowl
5 Labor Day Lakeside School Closed	6 BBQ Tempeh Herb Roasted Potatoes Garlic Collard Greens	7 Spaghetti, Homemade Vegan Lentil Meatballs, Marinara, Roasted Summer Squash	8 Five Spiced Tofu Stir Fry Vegetables Jasmine Rice	9 Baked Potato Bar Vegan Crumble Vegan Cheese Steamed Broccoli
12 Lakeside Grilled Vegan Cheese and Tomato Basil Soup with Chips and Oranges	13 Stuffed Cajun Peppers Red Rice Succotash	14 Handmade Cornflake Crusted Tofu and Fries Cilantro Lime Coleslaw	15 BBQ Jackfruit Roasted Cumin Potatoes Ancho Dusted Corn	16 Vegan Caesar Salad With Roasted Chickpeas
19 Falafel Tomato Cucumber Salad Kale Tabbouleh	20 Cauliflower Pepper Vegan Quesadillas Cilantro Rice Refried Pinto Beans	21 Korean Fried Tofu Sangchu Geotjeori Salad	22 Vegan Baked Ziti Garlic Bread Green Beans	23 Tandoori Tempeh Lemon Rice Roasted Cauliflower Cilantro Chutney
26 Home Made Black Bean and Quinoa Burger Roasted Sweet Potatoes	27 Roasted Vegetable Pomegranate Glazed Carrots Lentil Pilaf Bowl	28 Mushroom Stroganoff Brown Rice Brussel Sprouts	29 Chipotle Lime Black Bean Burritos Jicama Slaw	30 Tofu Pad Thai

September Gluten Free 2022

Mon	Tue	Wed	Thu	Fri
		31 Gluten Free Margarita Pizza Vegetable Caponata Grapes	1 Grilled Chicken Caesar Steamed Broccoli Chips	2 Fish Tacos Cilantro Lime Brown Rice Esquites
5 Labor Day Lakeside School Closed	6 BBQ Chicken Herb Roasted Potatoes Garlic Collard Greens	7 Gluten Free Pasta Homemade Turkey Meatballs, Marinara Roasted Summer Squash	8 Pork Char Sui Stir Fry Vegetables Jasmine Rice	9 Baked Potato Bar Spiced Beef Cheddar Cheese Steamed Broccoli
12 Lakeside Grilled G.F. Cheese Sandwich and Tomato Basil Soup with Chips and Oranges	13 Cajun Grilled Chicken Red Rice Succotash	14 Handmade G. F. Panko Crusted Fish and Chips Coleslaw Tartar Sauce	15 BBQ Pork Roasted Cumin Potatoes Ancho Dusted Corn	16 Bronzed Salmon Caesar Salad
19 Falafel Tomato Cucumber Salad and Kale Tabbouleh Bowl	20 Philly Steak Quesadillas Cilantro Rice Refried Pinto Beans	21 Korean Grilled Chicken Sandwich Sangchu Geotjeori Salad	22 Baked G.F. Pasta with Italian Sausage Green Beans	23 Tandoori Chicken Lemon Rice Roasted Cauliflower Cilantro Chutney
26 Home Made Black Bean and Quinoa Burger Roasted Sweet Potatoes	27 Lemon Chicken Pomegranate Glazed Carrots Lentil Pilaf	28 Beef Stroganoff Brown Rice Brussel Sprouts	29 Chipotle Lime Chicken Rice Bowl Jicama Slaw	30 Chicken Pad Thai Rice Noodles