

The Wesley School

September

2022

Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
No School	Orange Chicken Orange tofu Jasmine rice Vegetable egg rolls Roasted broccoli Fortune cookies	Scrambled eggs Bacon Turkey sausage Yogurt parfait Blueberry or chocolate chip muffins	Taco Bowls: Chicken, beef, vegetable, rice beans, cheddar cheese, house made salsa, guacamole	Burger day! Hamburgers, turkey burgers garden burgers, all the fixin's red rose potato wedges Chocolate chip cookies
12	13	14	15	16
Pasta Bar! 3 kinds of pasta, marinara Creamy pesto, olive oil + salt garlic bread fresh broccoli	BBQ Day! Chicken or tofu House made mac + cheese Krispy kale seasonal fresh fruit	All beef 1/4# hot dogs Tofu dogs All the fixin's beef chili assorted chips	Hispanic Heritage Month Arroz con pollo black beans, tortilla chips guacamole, sour cream	Calzones! 3 cheese, pepperoni Vegetarian vegetable Caeser salad Brownies
19	20	21	22	23
Grilled cheese Sunflower butter and jelly chicken noodle soup Creamy tomato soup seasonal fresh fruit	Bean and cheese burrito chicken + rice buritto House made salsa Tortilla chips Seasonal fresh fruit	Lemon chicken Garlic butter wings or tofu Quinoa salad	Spaghetti and meatballs Bowtie pasts w/olive oil + salt Fresh seasonal vegetables Mozzerella, tomato and basil	Burger day! Hamburgers, turkey burgers garden burgers, all the fixin's red rose potato wedges Rice crispy treats
26	27	28	29	30
No Hot Lunch	Mini chicken corn dogs grilled tofu tater tots seasonal fresh fruit	Teriyaki: beef, chicken Teriyaki tofu White rice Steamed edamame Miso soup	Grilled honey rosemary salmon Steak or tofu w/ grilled onions Roasted red rose potatoes Seasonal vegetable	Pizza Day! 3 cheese, pepperoni Pepperoni Hawaiian Caeser salad Chocolate covered strawberry
All lunches include full salad bar				