

Lunch orders must be placed through Lunch Direct by **Wednesday** for the following week.

SEPTEMBER 2022

WESTLAKE PREP

Lunches Provided By:

Roadrunner Foods
(p) 281-565-7902
www.RoadrunnerFoodService.com

Monday

Tuesday

Wednesday

Thursday

Friday

LABOR DAY

5

6

7

1

2

12

13

14

15

16

19

20

21

22

23

26

27

28

29

30

Baked Chicken Tenders
Potatoes Au Gratin
Sweet Peas
Seasonal Fresh Fruit

V: Veggie Nuggets

Beef Sloppy Joe
Baked Tater Tots
Buttered Corn
Seasonal Fresh Fruit

V: Veggie "Meat" Sloppy Joe

Chicken Fajita Soft Tacos w/ Tri-Colored
Bell Peppers & Monterey Jack Cheese
Spanish Rice w/ Mixed Veggies
Refried Beans
Seasonal Fresh Fruit

V: Bean & Cheese Taco

Baked Fish Sticks
Mashed Potatoes
Mixed Veggies
Cinnamon Baked Peaches

V: Veggie Nuggets

Mini Buttermilk Pancakes w/ Syrup
Potatoes O'Brien w/ Tri-Colored Bell Peppers
Turkey Sausage Patty
Seasonal Fresh Fruit

V: Veggie Sausage Patty

Penne Pasta w/ Beef Meat Sauce
Green Beans
Dinner Roll
Seasonal Fresh Fruit

V: Penne Pasta w/ Marinara Sauce

Arroz Con Pollo
(Yellow Rice w/ Chicken & Veggies)
Steamed Broccoli
Hawaiian Roll
Seasonal Fresh Fruit

V: Veggie "Chicken" & Yellow Rice

Bow Tie Pasta in a Lemon Butter Sauce
w/ Broccoli & Grilled Chicken
Crinkle Cut Carrots
Dinner Roll
Seasonal Fresh Fruit

V: Bow Tie Pasta w/ Veggie "Chicken"

Beef Soft Tacos w/ Monterey Jack
Cheese
Spanish Rice w/ Mixed Veggies
Refried Beans
Seasonal Fresh Fruit

V: Bean & Cheese Taco

BBQ Chicken w/ Mashed Potatoes
Buttered Corn
Hawaiian Roll
Seasonal Fresh Fruit

V: Veggie BBQ Chicken Strips

Baked Chicken Tenders
Crinkle Cut Carrots
Macaroni & Cheese
Seasonal Fresh Fruit

V: Veggie Nuggets

Chicken Spinach Rigatoni Pasta w/ Mari-
nara Sauce
Steamed Broccoli
Dinner Roll
Seasonal Fresh Fruit

V: Spinach Rigatoni Pasta

French Toast Sticks w/ Syrup
Potatoes O'Brien w/ Tri-Colored Bell Peppers
Turkey Sausage Patty
Seasonal Fresh Fruit

V: Veggie Sausage Patty

Beef Cheeseburger
Baked Tater Tots
Crinkle Cut Carrots
Seasonal Fresh Fruit

V: Veggie Burger

Chicken Teriyaki Fried Rice w/ Mixed
Veggies
Crinkle Cut Carrots
Hawaiian Roll
Seasonal Fresh Fruit

V: Teriyaki Fried Rice w/ Veggie "Chicken"

SIGN UP NOW TO ORDER SCHOOL LUNCHES!

WWW.LUNCHDIRECT.COM

SCHOOL CODE: 233000

Each day your child will get a choice between three alternative entrées.

Either **A: Grilled Cheese** **B: Cheesy Chicken, Broccoli, & Rice Casserole**

C: Oven Baked Chicken Tenders. These alternative items will replace the entrée for the day; all sides will remain the same.

All menu items are subject to change without notice due to availability, freshness, and quality of ingredients