

# September 2023

| Mon   | Tue   | Wed   | Thu  | Fri  |
|---|---|---|--|--|
| <p>Full Salad Bar And Vegan, Vegetarian, and Gluten Free options available daily</p>                                    |   | <p>30<br/>Chicken Enchilada</p> <p>Chipotle Lime Chicken Burritos<br/>Bowls<br/>Elote Salad</p> <p>Strawberry Shortcake</p> | <p>31<br/>Carrot Ginger</p> <p>House Made Cheeseburgers<br/>Potato Salad<br/>Watermelon</p> <p>Oreo Bars</p>                       | <p>1<br/>Tomato Basil</p> <p>Bronzed Salmon<br/>Caesar Salad<br/>Asparagus</p> <p>Key Lime Pie</p>                             |
| <p>4<br/><b>Labor Day Lakeside School Closed</b></p>  | <p>5<br/>Gumbo</p> <p>BBQ Chicken<br/>Roasted Potatoes<br/>Garlic Collard Greens</p> <p>Butterscotch Bars</p>                         | <p>6<br/>Minestrone</p> <p>Spaghetti Marinara with Turkey Meatballs<br/>Summer Squash</p> <p>Lemon Bars</p>                 | <p>7<br/>Chili Verde</p> <p>Midnight Cuban Pork<br/>Rice and Black Bean Sofrito</p> <p>Chocolate Zucchini Cake</p>                 | <p>8<br/>Potato Cheddar</p> <p>Baked Potato Bar<br/>Spiced Beef<br/>Steamed Broccoli</p> <p>Caramel Buttermilk Cake</p>        |
| <p>11<br/>Lakeside Grilled Cheese Sandwich and Tomato Basil Soup with Broccoli and Oranges</p> <p>Brownies</p>          | <p>12<br/>Turkey and Collards</p> <p>Cajun Chicken<br/>Red Rice<br/>Succotash</p> <p>Chocolate Mousse</p>                             | <p>13<br/>Clam Chowder</p> <p>Handmade Panko Crusted Fish and Chips<br/>Coleslaw<br/>Tartar Sauce</p> <p>Magic Bars</p>     | <p>14<br/>Black Bean</p> <p>BBQ Pork<br/>Roasted Cumin Potatoes<br/>Ancho Dusted Corn</p> <p>Jam Bars</p>                          | <p>15<br/>Chicken Parsnip</p> <p>Beef Stroganoff<br/>Brussel Sprouts And Carrots</p> <p>Honey Cakes</p>                        |
| <p>18<br/>Red Lentil Soup</p> <p>Falafel<br/>Tomato Cucumber Salad<br/>Kale Tabbouleh</p> <p>Chocolate Coconut Cake</p> | <p>19<br/>Black Bean Soup</p> <p>Philly Steak<br/>Quesadillas<br/>Cilantro Rice<br/>Refried Pinto Beans</p> <p>Snickerdoodle Bars</p> | <p>20<br/>Kimchi-Jjigae</p> <p>Chicken<br/>Bibimbap<br/>Korean Rice Bowl</p> <p>Blondies</p>                                | <p>21<br/>White Bean Rosemary</p> <p>Baked Ziti with Italian Sausage<br/>Garlic Bread<br/>Green Beans</p> <p>Birthday Cupcakes</p> | <p>22<br/>Mulligatawny</p> <p>Tandoori Chicken<br/>Basmati Lemon Rice<br/>Vegetable Samosa Medley</p> <p>Danish Dream Cake</p> |
| <p>25<br/>Corn Chowder</p> <p>Green Chili Enchiladas<br/>Spiced Zucchini</p> <p>Strawberry Poke Cake</p>                | <p>26<br/>Tomato Mushroom</p> <p>Lemon Chicken<br/>Fettuccini<br/>Garlic Bread<br/>Broccoli</p> <p>Fruit Crisp Bars</p>               | <p>27</p> <p>Chili Bar<br/>With Honey Drizzled<br/>Corn Bread</p> <p>Mississippi Mud Pie</p>                                | <p>28<br/>Pozole</p> <p>Fish Tacos<br/>Cilantro Lime Brown Rice<br/>Esquites</p> <p>Lime Bars</p>                                  | <p>29<br/>Spicy Tom Yum</p> <p>Chicken Pad Thai<br/>Rice Noodles</p> <p>Orange Ripple Cake</p>                                 |

# September 2023 Vegan

| Mon   | Tue   | Wed  | Thu   | Fri   |
|---|---|--|---|---|
|   |   | 30   | 31  | 1   |
| Full Salad Bar<br>And Vegan,<br>Vegetarian, and<br>Gluten Free options<br>available daily |   | Black Bean<br>and Corn<br>Burrito<br>Bowls | Impossible Burgers<br>Vegan<br>Potato Salad<br>Watermelon             | Roasted<br>Garbanzo Bean<br>Chop Salad                    |
| 4   | 5   | 6  | 7   | 8   |
| Labor Day<br>Lakeside School<br>Closed  | BBQ Jackfruit<br>Roasted Potatoes<br>Garlic Collard<br>Greens     | Spaghetti<br>Marinara<br>Summer<br>Squash  | Roasted Vegetable<br>Panini<br>Black Bean<br>Sofrito                  | Baked Potato Bar<br>Vegan Crumble<br>Steamed<br>Broccoli  |
| 11  | 12  | 13   | 14  | 15  |
| Lakeside Grilled<br>Vegan Cheese<br>Sandwich and<br>Tomato Basil Soup                     | Vegan<br>Jambalaya<br>Succotash                                   | Eggplant<br>Vegetable<br>Caponata          | BBQ Zucchini<br>Roasted Cumin<br>Potatoes<br>Ancho Dusted Corn        | Mushrooms<br>Stroganoff<br>Brussel Sprouts<br>And Carrots |
| 18  | 19  | 20   | 21  | 22  |
| Falafel<br>Tomato Cucumber<br>Salad<br>Kale Tabbouleh                                     | Black Bean<br>Quesadillas<br>Cilantro Rice<br>Refried Pinto Beans | Tofu<br>Bibimbap<br>Korean<br>Rice Bowl    | Ziti Pomodoro<br>Garlic Bread<br>Green Beans                          | Vegetable Tandoori<br>Skewer<br>Basmati<br>Lemon Rice     |
| 25  | 26  | 27   | 28  | 29  |
| Green Chili<br>Enchiladas<br>Spiced Zucchini  | Cacio e pepe<br>Garlic Bread<br>Broccoli                          | Butternut<br>Squash<br>Chili Bar           | Butternut Squash and<br>Hominy<br>Cilantro Lime Brown<br>Rice<br>Bowl | Basil Tofu<br>Pad Thai<br>Rice Noodles                    |