

Monday

Labor Day
No school

3

Tuesday

Sesame Noodles w/
Tofu & veggies
Gingered Cabbage Salad
Fruit
Skim or 1% milk

4

Wednesday

Bean and cheese enchilada bake
w/ salsa & sour cream
Veggie Medley
Fruit
Skim or 1% milk

5

Thursday

Lentils of the Southwest
Cornbread
Fresh green salad
Fruit
Skim or 1% milk

6

Friday

Pizza!
Cottage cheese
Fresh green salad
Fruit
Skim or 1% milk

7

Swiss chard Frittata
Fruit & Bran Muffins
Veggie Medley
Fruit
Skim or 1% milk

10

Tofu Tikka Masala
Basmati rice
Fresh green salad
Fruit
Skim or 1% milk

11

Chickpeas & Pasta
Cheese sticks
Fresh green salad
Fruit
Skim or 1% milk

12

Lentil sloppy Joes
On a whole grain bun
Coleslaw
Fruit
Skim or 1% milk

13

Bean, cheese & Rice Burrito
w/ salsa & sour cream
Veggie Medley
Fruit
Skim or 1% milk

14

Haystacks!
w/ all the fixins'
Veggie Medley
Fruit
Skim or 1% milk

17

Southwestern White Bean Soup
Dinner roll
Fresh green salad
Fruit
Skim or 1% milk

18

Mac n' Cheese
Roasted Roots
Fresh green salad
Fruit
Skim or 1% milk

19

Oatmeal Pancakes
Scrambled eggs
Veggie Medley
Fruit
Skim or 1% milk

20

Pad Thai w/Tofu
Thai Cucumber Salad
Fresh green salad
Fruit
Skim or 1% milk

21

Corn, Potato & Cauliflower Soup
Cornbread
Fresh green salad
Fruit
Skim or 1% milk

24

Spaghetti w/ Marinara & Meatballs
Cheese sticks
Fresh green salad
Fruit
Skim or 1% milk

25

Falafels w/Tzatziki sauce
Mediterranean Quinoa Salad
Veggie medley
Fruit
Skim or 1% milk

26

Baked potato
Homemade chili w/sour cream & cheese
Dinner roll
Fresh green salad
Fruit
Skim or 1% milk

27

Black Bean Veggie Wrap
Fresh green salad
Cherry crisp
Skim or 1% milk

28

