

September

Monday	Tuesday	Wednesday	Thursday	Friday
1 Labor Day	2 Nido and YCC Bean and cheese burritos fruit and vegetable milk V EF	3 Pesto Pasta Fruit and Vegetable milk V EF	4 V EF Cheese Pizza Fruit and Vegetable Milk Gluten Free Available	5 Corn chowder Fruit and slipper bread Milk V EF GF
8 Baked Pasta with Ratatouille Fruit and vegetable milk V EF	9 TACO TUESDAY! chicken fajitas with peppers and onions Flour tortillas (fixings: sour cream, cheese, salsa) Vegetable and Fruit, Milk EF *Vegetarian Available	10 Cream cheese and cucumber fococcia sandwiches Vegetable, fruit and milk V EF	11 V EF Cheese Pizza Fruit and Vegetable Milk Gluten Free Available	12 Potato Leek Soup Fruit and Bread Milk V EF
15 Veggie stir fried rice (no peas) fruit and milk EF DF GF V	16 TACO TUESDAY! Enchiladas Verdes with Chicken and fixings Fruit and Vegetable Milk GF EF *Vegetarian available	17 Potato, cheddar and ham savory tart Fruit and Vegetable Milk	18 V EF Cheese Pizza Fruit and Vegetable Milk Gluten Free Available	19 Minestrone soup with white beans fruit and vegetable bread EF DF GF V
22 Chicken and veggie coconut curry with rice fruit and vegetable Milk GF EF DF	23 TACO TUESDAY! Fall veggie and bean burrito bowls with fixings V EF GF	24 Steel cut oatmeal with yoqurt and granola fresh berries and vegetable milk V EF GF	25 V EF Cheese Pizza Fruit and Vegetable Milk Gluten Free Available	26 Beef and Bean Chili Cornbread fruit and milk GF DF EF
29 BYO cold cut sandwiches Turkey, cheese, mayo, mustard Vegetarian available vegetable, fruit and milk EF	TACO TUESDAY! Quesadillas with veggies and cheese Fruit and vegetable, milk EF V	Dietary Key: EF - egg free DF - Dairy free V - Vegetarian GF - Gluten free	Local Vendors: Loma Farm Timothy's Conscious Compost Oryana Community Coop Second Spring Farm (veggies) Mi Farm COOP (veggies)	

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