

# September 2023

## LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>09/04</p> <p>No School</p> <p>Labor Day</p>	<p>09/05 v</p> <p>Nido &amp; YCC</p> <p>Bean and cheese burritos</p> <p>Fruit and vegetable</p> <p>Milk</p>	<p>09/06 v</p> <p>Cheese Pizza</p> <p>Fruit and Vegetable</p> <p>Milk</p> <p>(Gluten Free Available)</p>	<p>09/07 v ef</p> <p>Pesto Pasta*</p> <p>Fruit and Vegetable</p> <p>Milk</p>	<p>09/08 v ef</p> <p>Corn and squash chowder</p> <p>Fruit and Bread</p> <p>Milk</p>
<p>09/11 v</p> <p>Cheese Pizza</p> <p>Fruit and Vegetable</p> <p>Milk</p> <p>(Gluten Free Available)</p>	<p>09/12 ef</p> <p><b>TACO TUESDAY!</b></p> <p>Flour tortillas</p> <p>Beef fajitas with peppers, onion and fixings</p> <p>Vegetable and Milk</p>	<p>09/13 v gf</p> <p>Veggie frittata</p> <p>Fruit and vegetable</p> <p>Milk</p>	<p>09/14 v ef gf</p> <p>Baked red lentil pasta with mozzarella and ratatouille</p> <p>Fruit and Vegetable</p> <p>Milk</p>	<p>09/15 ef gf v</p> <p>Potato Leek Soup</p> <p>Fruit and Bread</p> <p>Milk</p>

<p>9/18 v</p> <p>Cheese Pizza</p> <p>Fruit and Vegetable</p> <p>Milk (Gluten Free Available)</p>	<p>09/19 gf ef</p> <p><b>TACO TUESDAY!</b></p> <p>Enchiladas verdes With chicken and fixings</p> <p>Fruit and Vegetable</p> <p>Milk</p>	<p>09/20</p> <p>Potato, cheddar, and ham savory tart</p> <p>Fruit and Vegetable</p> <p>Milk</p>	<p>09/21 ef</p> <p>Foccacia Sandwich BLT</p> <p>Fruit And vegetable</p> <p>Milk</p>	<p>09/22 v gf ef df</p> <p>Minestrone Soup with white beans*</p> <p>Fruit and Vegetable</p> <p>Slipper Bread</p> <p>Milk</p>
<p>09/25 v</p> <p>Cheese Pizza</p> <p>Fruit and Vegetable</p> <p>Milk (Gluten Free Available)</p>	<p>09/26 v ef</p> <p><b>TACO TUESDAY!</b></p> <p>Fall veggie and bean burrito bowls With fixings*</p> <p>Fruit</p> <p>Milk</p>	<p>09/27 gf ef</p> <p>Steel cut oatmeal, yogurt and granola</p> <p>Fruit and Vegetable</p> <p>Milk</p>	<p>09/28 gf ef</p> <p>Chicken and vegetable coconut curry with rice</p> <p>Fruit and Vegetable</p> <p>Milk</p>	<p>09/29 gf df ef</p> <p>Beef and bean chili</p> <p>Fruit &amp; cornbread</p> <p>Milk</p>

Local Farms & businesses: Moomer's, Gallagher's, Second Spring Farm, Oryana and That'sa Pizza.

\* vegan option available

Vegetarian: v                      Entrée Egg Free: ef

Entrée Dairy Free: df

Entrée Gluten Free: gf