

September 2022

Lunch Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				Grilled cheese, Tomato basil soup, Watermelon, Green Beans, Organic milk.	Chicken tenders, Roasted potatoes, Apple sauce, Cooked baby carrots, Organic milk.	
4	5	6	7	8	9	10
	VGDS Closed Labor day	Sesame noodles, Beef and broccoli, Fresh fruit, Organic milk.	Cheese burgers, Fries, Roasted cauliflower, Fresh fruit, Organic milk.	Scramble eggs, Turkey sausage, Cantalope, Bell pepper sticks, Organic milk.	Beef lasagna, Green salad, Fresh fruit, Dinner rolls, Organic milk.	
11	12	13	14	15	16	17
	Cheese pizza, Steamed broccoli, Fresh fruit, Organic milk.	Beef fajitas, Flour tortilla, Tomatoes, Sour cream, Cheddar cheese, Honeydew, Organic milk.	Chicken nuggets, Chickpeas, Cucumber salad, Fresh fruit, Organic milk.	Cheese tortellini, Green beans, Fresh fruit, Organic milk.	Fish and chips, Bell pepper sticks, Fresh Fruit, Organic milk.	
18	19	20	21	22	23	24
	Chicken tacos, lettuce, Tomatoes, Shredded cheese, Sour cream, Sliced Peaches, Organic milk.	Honey glazed BBQ Chicken, Potato salad, Roasted veggies, Fresh fruit, Organic milk.	Turkey wrap, Cooked baby carrots, Sliced apples, Organic milk.	Beef macaroni and cheese, Green beans, Fresh fruit, Organic milk.	Mini Corndogs, Sunchips, Fresh fruit, Cooked baby carrots, Organic milk.	
25	26	27	28	29	30	1
	BBQ brisket, Whole grain rice, Green beans, Dice pineapple, Organic milk.	Hot dogs, Potato chips, Green salad, Fresh fruit, Organic milk.	Cheese pizza, Cucumber salad, Fresh fruit salad, Organic milk.	Turkey pinwheel, Potato chips, Apple slices, Caesar Salad, Organic milk.	Chicken tenders, Apple sauce, Cooked baby carrots, Organic milk.	
2	3	Notes				