

September 2022 Lunch Menu



MONDAY 08/29/22	TUESDAY 08/30/22	WEDNESDAY 08/31/22	THURSDAY 09/01/22	FRIDAY 09/02/22
<ul style="list-style-type: none"> Baked Sliced Chicken Sweet Potatoes Fruit Whole Grain Bread 	<ul style="list-style-type: none"> Beefaroni Cooked Carrots Applesauce Garlic Bread 	<ul style="list-style-type: none"> Picadillo Corn Seasonal Fresh Fruit Congri Bread 	<ul style="list-style-type: none"> Lasagna (with ground beef or turkey) Mixed Vegetables Fruit Soft Roll 	<ul style="list-style-type: none"> Arroz con Pollo Salad Honey Mustard Dressing Fruit
MONDAY 09/05/22	TUESDAY 09/06/22	WEDNESDAY 09/07/22	THURSDAY 09/08/22	FRIDAY 09/09/22
<p>Happy Labor Day!</p>	<ul style="list-style-type: none"> Chicken Nuggets Ketchup Steamed Broccoli Applesauce Bread 	<ul style="list-style-type: none"> Arroz con Pollo Green Beans Fruit 	<ul style="list-style-type: none"> Fricassee de Pollo Red Beans Brown Rice Fruit 	<ul style="list-style-type: none"> Chicken Salad French Dressing Fruit Bread
MONDAY 09/12/22	TUESDAY 09/13/22	WEDNESDAY 09/14/22	THURSDAY 09/15/22	FRIDAY 09/16/22
<ul style="list-style-type: none"> Ropa Vieja Black Beans Rice Pineapple 	<ul style="list-style-type: none"> Breaded Chicken Patty Green Peas Fresh Apple Slices Soft Roll 	<ul style="list-style-type: none"> Meatloaf (Beef or Turkey) Ketchup Mashed Potato Fruit Cocktail Whole Grain Bread 	<ul style="list-style-type: none"> Spaghetti & Meat Sauce (ground beef or Turkey) Salad Ranch Dressing Fruit Garlic Bread 	<ul style="list-style-type: none"> Chicken Vegetables Pears Bread
MONDAY 09/19/22	TUESDAY 09/20/22	WEDNESDAY 09/21/22	THURSDAY 09/22/22	FRIDAY 09/23/22
<ul style="list-style-type: none"> Roast Beef Green Peas Pineapple White Rice 	<ul style="list-style-type: none"> Breaded Fish Ketchup Salad Italian Dressing Fruit 	<ul style="list-style-type: none"> Picadillo Mixed Vegetables Fruit Congri 	<ul style="list-style-type: none"> Baked Chicken Butternut Squash Fruit Cuban Bread 	<ul style="list-style-type: none"> Chicken Vegetables Fruit Bread
MONDAY 09/26/22	TUESDAY 09/27/22	WEDNESDAY 09/28/22	THURSDAY 09/29/22	FRIDAY 09/30/22
<ul style="list-style-type: none"> Chicken Peas & Carrots Peaches Macaroni & Cheese 	<ul style="list-style-type: none"> Chicken Plantains Fruit Congri 	<ul style="list-style-type: none"> Ravioli Broccoli, Cauliflower, Carrots Fruit Whole Grain Roll 	<ul style="list-style-type: none"> Cuban Stew w/ Beef Mixed Vegetables Seasonal Fresh Fruit Moros 	<ul style="list-style-type: none"> Chicken Nuggets Honey Mustard Salad Italian Dressing Fruit Roll