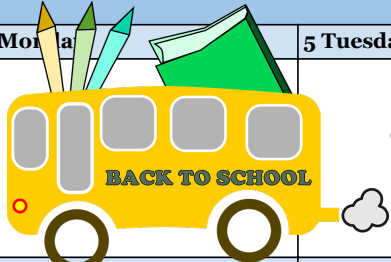


## LOWER SCHOOL & CECE LUNCH MENU

# September 2023

Celebrating Hispanic/Latinx Heritage Month!

<b>4 Monday</b>	<b>5 Tuesday</b>	<b>6 Wednesday</b>	<b>7 Thursday</b>	<b>8 Friday</b>
	<i>OPEN HOUSE</i>	<i>FIRST DAY OF SCHOOL!!</i>  Cheese Pizza Veggie Pizza Roasted Green Beans Fresh Fruit Salad	Honey Soy Chicken Tofu Stir Fry Jasmine Rice Broccoli & Edamame	Turkey Bolognese Vegetable Cream Sauce Penne Pasta Mixed Greens Salad
<b>11 Monday</b>	<b>12 Tuesday</b>	<b>13 Wednesday</b>	<b>14 Thursday</b>	<b>15 Friday</b>
Turkey Burger Veggie Burger Roasted Potato Wedges Green Beans	Shredded Chicken Tacos Pinto Bean Stew Cilantro Lime Rice Roasted Corn & Peppers Sour Cream, Salsa, Lettuce	Ground Beef & Broccoli Glazed Cauliflower Lo Mein Noodles Carrots & Cabbage	Mediterranean Chicken Chickpea Falafel Couscous Tabbouleh Cucumber, Tomato & Feta Salad	Meatless Friday!  Mac n' Cheese Pasta w/ Marinara Sauce Roasted Broccoli Assorted Toppings Fresh Fruit Salad
<b>18 Monday</b>	<b>19 Tuesday</b>	<b>20 Wednesday</b>	<b>21 Thursday</b>	<b>22 Friday</b>
Spaghetti & Meatballs Baked Veggie Pasta Garlic Bread Sweet Peas	Hawaiian BBQ Chicken BBQ Cauliflower Pineapple Fried Rice Cabbage Slaw	Crispy Baked Cod Crispy Eggplant Waffle Fries Green Beans Homemade Tartar Sauce	Cuban Style Ropa Vieja (Shredded Beef) Black Beans & Peppers Steamed Rice Roasted Corn	Meatless Friday!  Grilled Cheese Specialty Grilled Cheese Tomato Soup Roasted Broccoli Fresh Fruit Salad
<b>25 Monday</b>	<b>26 Tuesday</b>	<b>27 Wednesday</b>	<b>28 Thursday</b>	<b>29 Friday</b>
<b>Yom Kippur</b>  <i>School Closed</i>	General Tso's Chicken Glazed Tofu Steamed Rice Stir Fried Vegetables	Turkey & Cheese Panini Caprese Panini Roasted Potato Wedges Caesar Salad	Peruvian Chicken w/ Green Sauce Grilled Queso Fresco Cilantro Lime Rice Roasted Green Beans	Meatless Friday!  Pasta w/ Marinara Sauce or Spinach & Basil Pesto Garlic Bread Sweet Peas Special Treat!

- \* Sandwich/Salad Bar is open daily
- \* Vegetarian entree served daily
- \* Gluten and dairy free alternatives available
- \* Sauces typically served on the side for grades K & 1
- \* Yogurt, Apple Sauce, Whole Fruit & Filtered Water available daily
- \* Menu subject to change based on product availability

