



September 2020: Lunch



NURTITION TIP: Practice stealth health—sneak veggies into favorite foods. Go light on the meat and top the pizza with vegetables like tomatoes, onions, mushrooms, bell peppers and artichoke hearts

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	07 Labor Day	08 Tacos Refried beans Fruit 1% Milk LF Chocolate Milk	09 Chicken Tenders Tater Tots Fruit 1% Milk LF Chocolate Milk	10 Spaghetti & meatballs zucchini Fruit 1% Milk LF Chocolate Milk	11 Pizza Carrots sticks Fruit 1% Milk LF Chocolate Milk	
	14 Chicken Alfredo Pasta broccoli Fruit 1% Milk LF Chocolate Milk	15 Chicken Nachos w/ black beans and corn fruit 1% Milk LF Chocolate Milk	16 Grilled Cheese Tomato soup Fruit 1% Milk LF Chocolate Milk	17 Cheeseburger Corn Fruit 1% Milk LF Chocolate Milk	18 Pizza Romaine salad Fruit 1% Milk LF Chocolate Milk	
	21 Chicken Caesar Wrap Fruit cup 1% Milk LF Chocolate Milk	22 Chicken Quesadilla , Peppers & onion fruit 1% Milk LF Chocolate Milk	23 Sweet Chili Chicken over rice w/ Broccoli Fruit 1% Milk LF Chocolate Milk	24 Corn Dogs Carrots Fruit 1% Milk LF Chocolate Milk	25 Pizza Garbanzo bean salad Fruit 1% Milk LF Chocolate Milk	
	28 Sweet Chili Chicken over rice w/ Broccoli Fruit 1% Milk LF Chocolate Milk	29 Walkin taco Tomato salsa fruit 1% Milk LF Chocolate Milk	30 Mac & Cheese Green Beans fruit 1% Milk LF Chocolate Milk			