

SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken & Cheese Quesadilla Tomato Salsa Black Beans ~ Sweet Corn Sour Cream Honeydew Melon Wedge	2 Turkey Hotdog on a Bun Bush's Bakes Beans Carrots Peaches DF	3 Rigatoni w Red Sauce Beef Meatballs Garden Salad w/ Tomatoes, Carrots, Cucumber, & Croutons Grapes	4 Nardone's Pizza Slice Shelled Edamame Sauteed Mushrooms Pears Choc Chip Cherry Oatmeal Cookies V
Alternate Entrées for the week (must be ordered in advance) ----- Chipotle Veggie Burger(V) or Grilled Cheese Sandwich with Healthy Choice Tomato Soup.				
7 LABOR DAY NO SCHOOL	8 Pierogies & Turkey Smoked Sausage Green Beans Onion Pepper Blend Applesauce	9 Beef & Cheese Enchiladas OR Pepper Jack Cheese Enchiladas Sweet Corn Black Beans Frozen Fruit Cups GF	10 Grilled Chicken on a Roll Peas Cauliflower Peaches DF	11 Pizza Dipper w/ Marinara Cup White Bean Salad 4-Way Mixed Veg Raw Broccoli w/Lite Ranch Blueberry Crisp V
Alternate Entrées for the week (must be ordered in advance) ----- Cheese & Turkey Sandwich or Sunbutter & Jam Sandwich with Butternut & Apple Soup.				
14 Swedish Meatballs (chicken) w/ Egg Noodles Spinach ~ Green Peas Sliced Pears	15 Beef Soft Taco w/ Cheese & Lettuce & Tomato Sour Cream Pinto Beans ~ Corn Apples	16 Mild Chicken Curry over Brown Rice with Warm Naan Sliced Cucumbers Diced Carrots Fruit Sidekick	17 Cold Cut Sandwiches w/ Cheese Raw Baby Carrots PAHOM – Local Cherry Tomato & Corn Salad Plums	18 French Bread Pizza w/ Pepperoni (Halal, chicken and beef) Edamame Sauteed Mushrooms Pineapple
Alternate Entrées for the week (must be ordered in advance) ----- Turkey "Ham" & Cheese Sandwich or Sunbutter & Jam Sandwich with Chili with Beans (V).				
21 Salisbury Steak w/ Gravy Whole Grain Dinner Roll Mashed Potatoes Green Beans Applesauce GF	22 Breaded Chicken Tenders Macaroni & Cheese Roasted Sweet Potatoes Sauteed Zucchini Apple Slices	23 Walking Turkey Taco w/ Tostito Baked Scoops, Shredded Lettuce & Cheese Tomato Salsa ~ Sweet Corn Refried Beans Banana GF	24 Chicken Alfredo w/ Spinach Fettucine (it's green!) Broccoli Roasted Parsnips Pears	25 Pizza Dippers w/ Marinara Cup White Bean Salad 4-Way Mixed Veg Raw Broccoli w/Lite Ranch Apple Crisp V
Alternate Entrées for the week (must be ordered in advance) ----- Chipotle Veggie Burger (V) or Sunbutter & Jam Sandwich with Chicken Taco Soup.				
28 Cheeseburger Pickles Green Beans Applesauce Brownie	29 Bean & Cheese Burritos Tomato Salsa Black Beans ~ Sweet Corn Sour Cream Honeydew Melon Wedge	30 Turkey Hotdog on a Bun Bush's Bakes Beans Carrots Peaches	 Fell Charter School Empowering students for the future V= Vegetarian DF= Dairy Free GF=Gluten Free Alternate Entrees MUST be preordered!	

Alternate Entrées for the week (must be ordered in advance) ----- Sunbutter & Jam Sandwich w/ Chicken Noodle Soup.