

# September 2019 Lunch Menu

## Sprouts, Super Stars & Lil Garteners



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| 2   | 3  | 4  | 5   | 6  |
|---|--|--|---|--|
|   | Cheeseburger Casserole<br>Fresh Broccoli<br>House-Made Ranch Dip<br>Carrot Coins<br>Banana<br>WG House-Made Bread<br>1% Milk               | QC Griddle Sandwich<br>WG Pancakes &<br>Chicken Sausage<br>Sliced American<br>Cheese<br>Herbed Potatoes<br>Hawaiian Fruit<br>1% Milk | Chicken Tacos<br>Shredded Lettuce<br>Shredded Cheddar<br>Cheese<br>Southwest Bean Salad<br>Apple<br>WG Soft Flour Tortilla<br>1% Milk | Sloppy Joe<br>Cucumber Slices<br>House-Made Ranch Dip<br>Pineapple<br>WG House-Made Bun<br>1% Milk   |
| 9   | 10   | 11   | 12  | 13   |
| Chicken Tender Wrap<br>House-Made Honey<br>Mustard<br>Shredded Cheddar Cheese<br>Herbed Potatoes<br>3 Way Vegetable Blend<br>Apple<br>WG Soft Flour Tortilla<br>1% Milk | Beef Tacos<br>Shredded Lettuce<br>Shredded Cheddar<br>Cheese<br>Peas & Carrots<br>Banana<br>WG Soft Flour Tortilla<br>1% Milk              | Salisbury Meatballs<br>Rotini Pasta<br>Green Beans<br>Orange<br>WG House-Made<br>Bread<br>1% Milk                                    | Meatball Marinara<br>Spaghetti Pasta<br>Broccoli<br>Pineapple<br>WG House-Made Bread<br>1% Milk                                       | Macaroni & Cheese<br>Fresh Broccoli<br>House-Made Ranch Dip<br>Watermelon<br>WG House-Made Bread<br>1% Milk  |
| 16  | 17   | 18   | 19  | 20   |
| BBQ Chicken<br>Mashed Potatoes<br>Carrot Coins<br>Orange<br>WG House-Made Dinner<br>Roll<br>1% Milk   | Beef Nachos<br>Shredded Cheddar<br>Cheese<br>Refried beans<br>Sour Cream<br>Spanish Brown Rice<br>Banana<br>Corn Tortilla Chips<br>1% Milk | Turkey A La King<br>Rotini Pasta<br>Cucumber Slices<br>House-Made Ranch<br>Dip<br>Watermelon<br>WG House-Made<br>Bread<br>1% Milk    | Cheese Ravioli in<br>Marinara Sauce<br>Corn<br>Apple<br>WG House-Made Bread<br>1% Milk  | Diced Turkey & Cheese<br>Wrap<br>Honey Mustard<br>Shredded Lettuce<br>Potato Salad<br>3 Way Vegetable Blend<br>Hawaiian Fruit<br>WG Soft Flour Tortilla<br>1% Milk |
| 23  | 24   | 25   | 26  | 27   |
| Chicken Alfredo<br>Rotini Pasta<br>3 Way Vegetable Blend<br>Apple<br>WG House-Made Dinner<br>Roll<br>1% Milk  | Beef Tacos<br>Shredded Lettuce<br>Shredded Cheddar<br>Cheese<br>Carrots & Peas<br>Banana<br>WG Soft Flour Tortilla<br>1% Milk              | Macaroni & Cheese<br>Broccoli<br>Melon Mix<br>WG House-Made<br>Bread<br>1% Milk  | Sweet & Sour Chicken<br>Steamed Rice<br>Tossed Salad<br>House-Made Italian<br>Dressing<br>Orange<br>WG House-Made Bread<br>1% Milk    | Baked Mostaccioli<br>Green Beans<br>Fresh Pear<br>WG House-Made Bread<br>1% Milk   |
| 30  |  |  |   |  |
| Chicken Marinara<br>Rotini Pasta<br>QC Vegetable Blend<br>Orange<br>WG House-Made Dinner<br>Roll<br>1% Milk   |  |  |   |  |