## SEPTEMBER 2023

## MONDAY SUNDAY TUESDAY THURSDAY WEDNESDAY FRIDAY SATURDAY 31 27 28 29 30 Meat and cheese 2 Sneaky mac and calzone with a side of cheese marinara Fruit Assorted veggies Juice/milk Fruit Juice/milk Shrimp fried rice 7 Harvest stew with 5 8 Cheese and veggie 9 4 6 Hawaiian chicken 3 Beef stroganoff Sneaky chicken Pork burrito alfredo with veggies calzone with a side with noodles biscuit Garlic rice with coconut rice Fruit of marinara Assorted vegaies Assorted veggies Assorted veggies Assorted veggies Assorted veggies Fruit Veggies Assorted veggies Fruit Fruit Fruit Fruit Juice/milk Juice/milk Fruit Juice/milk Juice/milk Juice/milk Juice/milk Juice/milk 11 12 Orange chicken 13 Pork Cuban 14 16 Sneaky mac and 10 Chicken stir fry 15 Meat and cheese Zesty mashed sandwich Turkey and veggie calzone with a side cheese with veggie fried potato bowl with with veggie fried Honey roasted Fruit of marinara burrito bowl chicken rice rice Fruit sweet potato Assorted veggies Juice/milk Fruit Assorted veggies **Assorted veggies** Assorted veggies Juice/milk Fruit Juice/milk Fruit Fruit Juice/milk Juice/milk Juice/milk Juice/milk 23 17 Beef stroganoff 18 Sneaky chicken 19 Shrimp fried rice **20**Hawaiian chicken 21Harvest stew with 26 heese and veggie Pork burrito with noodles with vegaies alfredo with coconut rice biscuit calzone with a side Garlic rice Assorted vegaies Fruit **Assorted veggies** Assorted veggies Assorted veggies Assorted veggies of marinara Veggies Fruit Fruit Fruit Fruit **Assorted veggies** Juice/milk Juice/milk Juice/milk Juice/milk Juice/milk Juice/milk Fruit Juice/milk 24 25 26 27 28 29 Meat and cheese 30 Zesty mashed Pork Cuban Orange chicken Chicken stir fry Sneaky mac and Turkey and veggie potato bowl with sandwich with veggie fried with veggie fried calzone with a side cheese burrito bowl chicken Honey roasted Fruit rice rice of marinara Fruit **Assorted veggies** Assorted veggies Juice/milk Fruit Assorted veggies sweet potato Juice/milk Fruit Assorted veggies Fruit Juice/milk Fruit Juice/milk Juice/milk Juice/milk Juice/milk