

# SEPTEMBER | 2023



## PRC Lunch

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1 Meat and cheese calzone with a side of marinara Assorted veggies Fruit Juice/milk	2 Sneaky mac and cheese Fruit Juice/milk
3 Beef stroganoff with noodles Assorted veggies Fruit Juice/milk	4 Sneaky chicken alfredo Assorted veggies Fruit Juice/milk	5 Shrimp fried rice with veggies Fruit Veggies Juice/milk	6 Hawaiian chicken with coconut rice Assorted veggies Fruit Juice/milk	7 Harvest stew with biscuit Assorted veggies Fruit Juice/milk	8 Cheese and veggie calzone with a side of marinara Assorted veggies Fruit Juice/milk	9 Pork burrito Garlic rice Assorted veggies Fruit Juice/milk
10 Turkey and veggie burrito bowl Fruit Juice/milk	11 Zesty mashed potato bowl with chicken Assorted veggies Fruit Juice/milk	12 Orange chicken with veggie fried rice Fruit Juice/milk	13 Pork Cuban sandwich Honey roasted sweet potato Assorted veggies Juice/milk	14 Chicken stir fry with veggie fried rice Assorted veggies Fruit Juice/milk	15 Meat and cheese calzone with a side of marinara Assorted veggies Fruit Juice/milk	16 Sneaky mac and cheese Fruit Juice/milk
17 Beef stroganoff with noodles Assorted veggies Fruit Juice/milk	18 Sneaky chicken alfredo Assorted veggies Fruit Juice/milk	19 Shrimp fried rice with veggies Fruit Veggies Juice/milk	20 Hawaiian chicken with coconut rice Assorted veggies Fruit Juice/milk	21 Harvest stew with biscuit Assorted veggies Fruit Juice/milk	22 Cheese and veggie calzone with a side of marinara Assorted veggies Fruit Juice/milk	23 Pork burrito Garlic rice Assorted veggies Juice/milk
24 Turkey and veggie burrito bowl Fruit Juice/milk	25 Zesty mashed potato bowl with chicken Assorted veggies Fruit Juice/milk	26 Orange chicken with veggie fried rice Fruit Juice/milk	27 Pork Cuban sandwich Honey roasted sweet potato Assorted veggies Juice/milk	28 Chicken stir fry with veggie fried rice Assorted veggies Fruit Juice/milk	29 Meat and cheese calzone with a side of marinara Assorted veggies Fruit Juice/milk	30 Sneaky mac and cheese Fruit Juice/milk