

September Lunch Menu

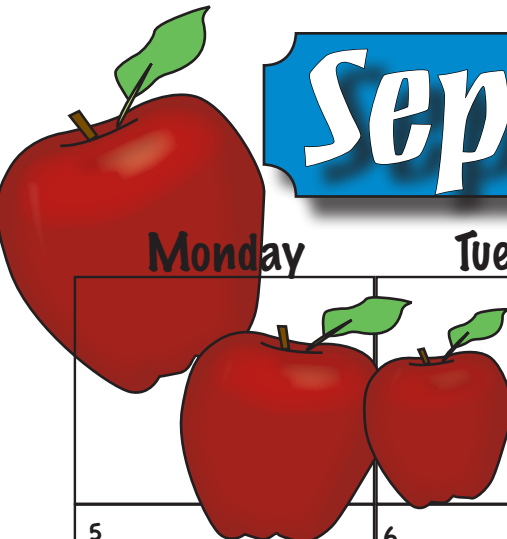


Monday

Tuesday

Wednesday

Thursday

Friday

			<p>1 <i>Pre-K thru 4</i> Chicken Nuggets, chips fruit and veggie dippers <i>Grades 5-8</i> Boneless Wings with celery and choice of sauce DF</p>	<p>2 Pizza Day!</p>
<p>5 NO SCHOOL!</p>	<p>6 Chick-fil-a Day DF</p>	<p>7 Luigi's Italian Bistro Pasta Bar (Your choice of sauce) with salad and fruit DFO VO</p>	<p>8 Creamy Tomato Soup with Grilled Cheese, fresh fruit and veggie dippers V </p>	<p>9 Pizza Day!</p>
<p>12 Breakfast for Lunch Cowboy Egg casserole (potatoes, ham, and veggies mixed with eggs and baked) DF</p>	<p>13 Luigi's Italian Bistro Penne Alfredo with chicken and broccoli, salad and dessert VO</p>	<p>14 Tina's Cantina <i>Pre-K thru 4</i> Soft Beef Tacos <i>Grades 5-8</i> Hard Beef Tacos Both with all the fixin's B DFO</p>	<p>15 General Whoa's Chopstick Palace Sesame Honey Chicken with white rice, green beans, oranges and fortune cookie DF</p>	<p>16 Pizza Day!</p>
<p>19 Luigi's Italian Bistro Penne Carbonara with bacon and peas, salad and dessert B DFO</p>	<p>20 Baked Potato Bar with cheese, chili, broccoli, sour cream, bacon bits and salsa B DFO</p>	<p>21 100% Beef Hot Dogs with Chips, Cole Slaw, Fruit and Dessert B DF</p>	<p>22 Mustang Sub Shop Ham and cheese subs with chips, fresh fruit and a cookie DFO VO </p>	<p>23 Pizza Day!</p>
<p>26 100% Beef Slider Burgers with tater tots, veggie dippers and dessert B DF</p>	<p>27 Mac and Cheese with tossed salad, fresh fruit and dessert V</p>	<p>28 Cheesy Chicken and Rice bake with fresh fruit and dessert</p>	<p>29 Chicken Strips with Mashed potatoes, corn, green beans, and fresh fruit DF</p>	<p>30 Pizza Day!</p>

Foodie Facts:

By eating healthy snacks during the day you keep your body fueled and happy. Try eating apple slices with a little bit of almond butter. Or try baby carrots with yummy hummus!

Lunch Room News:

Don't forget that all cover contest submissions for the cookbook are due to the office by Friday, September 9th, and all recipe submissions are due to the office by Friday, September 16th. We are looking forward to the completion of SJVS's first cookbook!

In the kitchen we try to be sensitive to food allergies. We are happy to try to accommodate as many requests as possible, however please understand that we can not control the facilities in which some of our food is manufactured. Therefore, if your sensitivity is severe, we suggest packing your own lunch.

DF Dairy Free

DFO Dairy Free Option

V Vegetarian

VO Vegetarian Option

B Beef

If you have any compliments, questions, or concerns, please contact Chef Katie at MarquissK@sjvs.org