

## September 2019 Lunch Menu

Harvest Of The Month \* **TOMATOES** \*

Menu subject to change. Please notify kitchen staff of any food allergies before ordering.

got questions? contact... [jdevivo@mvvyps.org](mailto:jdevivo@mvvyps.org)

This USDA is an equal opportunity provider.

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| <b>AVAILABLE DAILY...</b><br><br>Salad Bar<br>or<br>Sunbutter & Jelly,<br>Chicken Salad or Tuna<br>Salad Sandwich,<br>Veggie Sticks, Fresh<br>Fruit & Milk | <b>3</b><br>Chicken or Veggie<br>Tacos, Mexican Street<br>Corn, Fresh Fruit &<br>Milk        | <b>4</b><br>Cheese or Pepperoni<br>Pizza, Garden Salad,<br>Fresh Fruit & Milk  | <b>5</b><br>BBQ Beef Sandwich or<br>Veggie Burger,<br>Coleslaw, Sweet<br>Potato Fries, Fresh<br>Fruit & Milk | <b>6</b><br>Aromatic Spiced Fish<br>Kamen Bowl, Pickled<br>Veggies, Fresh Fruit &<br>Milk                        |
| <b>9</b><br>Pasta w/ Marinara<br>Sauce & Meatballs,<br>Caesar Salad, Fresh<br>Fruit & Milk   | <b>10</b><br>Cheese Quesadilla,<br>Tomato, Corn & Black<br>Bean Salad, Fresh<br>Fruit & Milk | <b>11</b><br>Cheese or Pepperoni<br>Pizza, Garden Salad,<br>Fresh Fruit & Milk | <b>12</b><br>Greek Spiced Lamb or<br>Baked Falafel Wrap,<br>Greek Salad, Fruit<br>Smoothie & Milk            | <b>13</b><br>Oven Baked Fish, Herb<br>Lemon Butter, Rice<br>Pilaf, Steamed<br>Broccoli, Fresh Fruit &<br>Milk    |
| <b>16</b><br>Cheese Kavioli, Caesar<br>Salad, Fresh Fruit &<br>Milk  | <b>17</b><br>Rice Bowl w/<br>Chicken, Veggies &<br>Beans, Fresh Fruit &<br>Milk              | <b>18</b><br>Cheese or Pepperoni<br>Pizza, Garden Salad,<br>Fresh Fruit & Milk | <b>19</b><br>Summer Veggie &<br>Cheddar Quiche,<br>Garden Salad, Fresh<br>Fruit & Milk                       | <b>20</b><br>Fish & Chips, Coleslaw,<br>Fresh Fruit & Milk   |
| <b>23</b><br>Pasta w/ Nut Free<br>Pesto, Caesar Salad,<br>Fresh Fruit & Milk   | <b>24</b><br>Beef or Veggie Fajita,<br>Fresh Salsa,<br>Guacamole, Fresh<br>Fruit & Milk      | <b>25</b><br>Cheese or Pepperoni<br>Pizza, Garden Salad,<br>Fresh Fruit & Milk | <b>26</b><br>Hot Dog or Tofu Dog,<br>Coleslaw, Baked<br>Beans, Fresh Fruit &<br>Milk                         | <b>27</b><br>Homemade Fishcakes,<br>Oven Roasted<br>Summer Veggies,<br>Sweet Potato Fries,<br>Fresh Fruit & Milk |
| <b>30</b><br>Pasta w/ Sun Dried<br>Tomatoes, Basil &<br>Mozzarella, Caesar<br>Salad, Fresh Fruit &<br>Milk   | <b>get lunch!</b>  | <b>get lunch!</b>  | <b>get lunch!</b>  | <b>get lunch!</b>  |

### AVAILABLE EVERY DAY.....

**BREAKFAST 8am - 8:20 am**

Oatmeal OR Assorted Cereals OR Whole Grain Muffin

w/ choice of Cheese Stick, Yogurt, Fresh Fruit & Milk (GF option available)

