



September 2022 Lunch Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All lunches include a side salad and fruit selection of the day and whole milk				1 Cheese Manicotti, Broccoli and Garlic Roll	2 Cheese Pizza, Celery and Carrots sticks	3 Morning and Afternoon Snacks are served daily. For a full list of items, please see the ECEC Lunch & Snack Menu Items Document
4	5 No School - Holiday Labor Day	6 Blackened Salmon, Remoulade Sauce, Garden Rice and Zucchini	7 Cheese Tortellini with Meat Sauce and Green Beans	8 BBQ Chicken, Roasted Potatoes and Carrots and Peas	9 Pineapple Pizza, Celery and Carrots sticks	10
11	12 Moroccan Chicken, Cous Cous and Squash	13 Chili with Chicken over Spanish Rice and Corn	14 Shepard's Pie, Mashed Potatoes and Broccoli	15 Alfredo Chicken, Pasta and Roasted Honey Carrots	16 Cheese Pizza, Celery and Carrots Sticks	17
18	19 Lasagna, Broccoli and a Dinner Roll	20 Hot Dogs, Mac and Cheese and Coleslaw	21 Taco Salad with Beef, Beans, Tomatoes, Corn and Salsa Ranch Dressing	22 Teriyaki Chicken, Stir-fry Vegetables and Sticky Rice	23 Pineapple Pizza, Celery and Carrots Sticks	24
25	26 Mild Jerk Chicken, Sweet Potatoes and Spiced Cauliflower	27 Shrimp Alfredo, Pasta and Peas and Carrots	28 Beef, Yaki Soda Noodles and Broccoli	29 Parmesan Chicken, Polenta Cake and Roasted Peppers and Mushrooms	30 Cheese Pizza, Celery and Carrots Sticks	