

# September 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>Breakfast:</b> Bagels, Scrambled Eggs, Bacon <b>5</b> <b>Lunch:</b> Taco Day!! (E, V*) Homemade Soup (V) Salad/Sandwich Bar (V*)	<b>Breakfast:</b> Choc. Muffins, Breakfast Pizza <b>6</b> <b>Lunch:</b> Cheese Ravioli with Pesto, Garlic Bread and Green Beans (E,V) Homemade Soup (V) Salad/Sandwich Bar (V*)	<b>Breakfast:</b> Bagels, Scrambled Eggs, Bacon <b>7</b> <b>Lunch:</b> Teriyaki Chicken, Cucumber Salad, and Jasmine Rice (E) Homemade Soup (V) Salad/Sandwich Bar (V*)
<b>Breakfast:</b> Bagels, Scrambled Eggs, Bacon <b>10</b> <b>Lunch:</b> Macaroni and Cheese with Broccoli and Local Apples (E, V) Homemade Soup (V) Salad/Sandwich Bar (V*)	<b>Breakfast:</b> Choc. Muffins, Breakfast Pizza <b>11</b> <b>Lunch:</b> Chicken Fingers w/ Mashed Potatoes & Local Roasted Carrots (E) Homemade Soup (V) Salad/Sandwich Bar (V*)	<b>Breakfast:</b> Bagels, Scrambled Eggs, Bacon <b>12</b> <b>Lunch:</b> Pasta Day!! (E, V*) w/Caesar Salad Homemade Soup (V) Salad/Sandwich Bar (V*)	<b>Breakfast:</b> Choc. Muffins, Breakfast Pizza <b>13</b> <b>Lunch:</b> Turkey Sloppy Joes, Local Corn on the Cob, Roasted Sweet Potatoes (E) Homemade Soup (V) Salad/Sandwich Bar (V*)	<b>Breakfast:</b> Bagels, Scrambled Eggs, Bacon <b>14</b> <b>Lunch:</b> Pizza with Caesar Salad and Cucumber Sticks (E, V) Homemade Soup (V) Salad/Sandwich Bar (V*)
<b>Breakfast:</b> Bagels, Scrambled Eggs, Bacon <b>17</b> <b>Lunch:</b> First Light Farms Cheese Quesadilla, Spanish Rice, Green Salad (E, V) Homemade Soup Salad/Sandwich Bar (V*)	<b>Breakfast:</b> Choc. Muffins, Breakfast Pizza <b>18</b> <b>Lunch:</b> Hamburger, Cheeseburger or Vegan Burger w/ French Fries and Slaw (E, V*) Homemade Soup Salad/Sandwich Bar (V*)	<b>Breakfast:</b> Bagels, Scrambled Eggs, Bacon <b>19</b> <b>Lunch:</b> Bi Bim Bap Mix It Up Jasmine Rice Bowl Bar!! (E, V*) Homemade Soup Salad/Sandwich Bar (V*)	<b>Breakfast:</b> Choc. Muffins, Breakfast Pizza <b>20</b> <b>Lunch:</b> Souvlaki Chicken with Greek Salad and Whole Wheat Pita (E, V) Homemade Soup (V) Salad/Sandwich Bar (V*)	<b>Breakfast:</b> Bagels, Scrambled Eggs, Bacon <b>21</b> <b>Lunch:</b> Breakfast for Lunch! French Toast with Bacon, Local Maple and Fruit Smoothies (E, V) Homemade Soup (V) Salad/Sandwich Bar (V*)
<b>Breakfast:</b> Bagels, Scrambled Eggs, Bacon <b>24</b> <b>Lunch:</b> Stuffed Baked Potato with Turkey Chili, Broccoli and Cheddar (E, V*) Homemade Soup Salad/Sandwich Bar (V*)	<b>Breakfast:</b> Choc. Muffins, Breakfast Pizza <b>25</b> <b>Lunch:</b> Southwest Chicken Salad, Black Beans, Corn, Ranch Dressing, and Cornbread (E, V*) Homemade Soup Salad/Sandwich Bar (V*)	<b>Breakfast:</b> Bagels, Scrambled Eggs, Bacon <b>26</b> <b>Lunch:</b> Sub Day!! (E) Homemade Soup (V) Salad/Sandwich Bar (V*)	<b>Breakfast:</b> Choc. Muffins, Breakfast Pizza <b>27</b> <b>Lunch:</b> Italian Sausage Stew, Green Beans, Housemade Focaccia (E) Homemade Soup (V) Salad/Sandwich Bar (V*)	<b>High School Walk-a-thon</b> <b>28</b> <b>No Lunch Service</b>

## Message from Chef Julie

WELCOME BACK!!

Nardin has been partnering with Promised Land Farms for five years now!

Look for their corn and carrots which are regularly featured on our menu.

You can also enjoy Promised Land Farms produce at Trattoria Aroma, Shango Bistro, The Black Sheep, Buffalo Sisters Merge, Toutant, Ristorante Lombardo, Buffalo Proper, Marble & Rye, Lloyd's Taco's, Betty's, Dapper Goose, Park Country Club, Dobutsu, Hundred Acres, Novel, Roost, and Osteria 166.

Follow Chef Julie on Twitter! @jewelry\_j

E=Main Entrée (incl. milk or water)  
V=Vegetarian Option  
V\*=Vegan Option

All menu items available a la carte.  
Available Daily: Fruit, milk/filtered water, chips, cookies, ice cream (gr. 5-12)  
Tues.: Cookies (1-4 gr.)  
Tues. & Thurs.: French Fries (HS only)  
Thurs.: French Fries (gr. 5-8)  
Fri.: Ice cream (1-4 gr.)