





September 2025 Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| 1 CLOSED LABOR DAY | 2 AM: Eggs & Carrots LUNCH: Chicken & Rice, Cauliflower & Green Beans PM: Berries & Rice Cakes | 3 AM: Sunbutter & <u>Muffins</u> LUNCH: Sloppy Lenny, Sweet Potatoes, & Peas PM: Cukes & Oranges | 4 AM: Pineapple & Oatmeal LUNCH: Pumpkin Alfredo, Black Beans & Okra PM: Cheese & Tortillas | 5 Chef's Special! To help reduce food waste we use Fridays to serve food we have left from the week! PM: Bell Peppers & Baked Crackers |
| 8 AM: Eggs & Cucumbers LUNCH: <u>Bean Dip</u> , Tortillas, Bell Peppers & Broccoli PM: Carrots & Rice Cakes | 9 AM: Bananas & Quinoa Pudding LUNCH: Lentil Veggie Soup, Rice & Sweet Potatoes (mixed veggies) PM: Cheese & Melon | 10 AM: <u>Turkey</u> & Apples LUNCH: Chickpea Curry, Barley & Green Beans PM: <u>Granola</u> & Pineapple | 11 AM: Yogurt & Peaches LUNCH: <u>Pizza</u> , Peas & Olives PM: Bell Peppers & Triscuits | 12 Chef's Special! |
| Natl Cheese Toast Day 15 AM: Cheese & Toast LUNCH: Taco Lentils, Rice, Green Beans & Potatoes PM: Bananas & <u>Granola</u> | 16 AM: Cottage Cheese & Peaches LUNCH: Bean Pumpkin Chili, <u>Cornbread</u> , & Peas PM: Tortillas & Pineapple | 17 AM: <u>Sweet Hummus</u> & Apples LUNCH: Eggs, <u>Mango Salsa</u> , Bell Peppers, & Tortillas PM: Melon & Baked Crackers | 18 AM: Sunbutter & Carrots LUNCH: Chicken Cuke Salad, Quinoa & Sweet Potatoes PM: Berries & Rice Cakes | 19 Chef's Special! |
| 22 AM: Eggs & Carrots LUNCH: White Bean-Cheese Bake, Barley, & Lettuce Boats PM: Oranges & Bell Peppers | 23 AM: <u>Turkey</u> & Melon LUNCH: Lentil Pasta, Green Beans & Sweet Potatoes PM: Pineapple & <u>Granola</u> | 24 AM: Yogurt & Bananas LUNCH: Chickpea Potato Curry, Rice, & Broccoli PM: Cucumbers & Triscuits | Natl.Quesdilla Day 25 AM: Cheese & Apples LUNCH: <u>Black Bean</u> Quesadillas, Corn, & Peas PM: Peaches & Rice Cakes | 26 Chef's Special! |
| 29 AM: Yogurt & <u>Granola</u> LUNCH: Mushroom Alfredo, Broccoli & Black Beans PM: Baked Crackers & Olives | 30 AM: <u>Bean Dip</u> & Homemade Tortilla Chips LUNCH: Mac-N-Cheese, Lettuce & <u>Butternut Squash</u> PM: Apples & Carrots | 1 AM: Pumpkin Pancakes & Sunbutter LUNCH: <u>Jamaican Curry</u> Chicken, Quinoa & Peas (chicken, potatoes) PM: Pineapple & Rice Cakes | 2 AM: Eggs & Bell Peppers LUNCH: Curried Lentils, Barley, Green Beans & Cauliflower PM: <u>Granola</u> & Oranges | 3 Key:  = Made with most or all organic ingredients  = Whole Grain  = Homemade  *Organic milk is offered at lunch to all ages over 1 |

- Picky for a purpose -

Fresh, organic, non-GMO when possible & no artificial sweeteners, preservatives or colors