

PREFERRED MEALS

September LUNCH

GARDENA ENVIRONMENTAL CHARTER LNE - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
August 28, 2017	August 29, 2017	August 30, 2017	August 31, 2017	September 1, 2017
				NEW ITEM ARROZ CON POLLO (Brown Rice) TURKEY SALAMI & CHEESE ON A WHOLE WHEAT BUN Mustard Fresh Fruit Vanilla Cookie ^ Salad Bar Selections Mixed Greens Salad Broccoli Florets Carrot Sticks Jicama Sticks Cucumber Coins Cauliflower Florets Light Ranch Dressing Choice of Milk ICE
September 4, 2017	September 5, 2017	September 6, 2017	September 7, 2017	September 8, 2017
LABOR DAY	*NATIONAL CHEESE PIZZA DAY!* CHEESE PIZZA TURKEY HAM & SWISS CHEESE ON A BUN Mustard Fresh Fruit Salad Bar Selections Mixed Greens Salad Broccoli Florets Carrot Sticks Green Pepper Slices Jicama Sticks Garbanzo Beans Shredded Cheddar Cheese Light Italian Dressing Choice of Milk ICE	MINI CORN DOGS Ketchup TACO MEAT Tortilla Rounds ^ Diced Pears Chocolate Cookie ^ Salad Bar Selections Mixed Greens Salad Carrot Sticks Jicama Sticks Crunchy Celery Sticks Fresh Zucchini Coins Cucumber Coins Fat Free Ranch Dressing Choice of Milk ICE	*AROUND THE WORLD DAY* SWEET & SOUR PINEAPPLE MEATBALLS PIZZA DIPPERS Marinara Dipping Sauce Fresh Fruit Lemon Mini Loaf ^ Salad Bar Selections Mixed Greens Salad Fresh Spinach Leaves Fresh Grape Tomatoes Cauliflower Florets Green Pepper Slices Cucumber Coins Light Italian Dressing Choice of Milk ICE	CRISPY CHICKEN FILLET Hamburger Bun BBQ Sauce HOT DOG Hot Dog Bun ^ Mustard Ketchup Fresh Fruit Pretzel ^ Salad Bar Selections Mixed Greens Salad Black Beans Corn Diced Tomatoes Onions Jalapenos Fat Free Ranch Dressing Choice of Milk ICE
September 11, 2017	September 12, 2017	September 13, 2017	September 14, 2017	September 15, 2017
CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE Breadstick ^ SALAMI TURKEY HAM & CHEESE ON A BUN Mustard Fresh Fruit Salad Bar Selections Mixed Greens Salad Red Peppers Jicama Sticks Garbanzo Beans Pickle Chips Cucumber Coins Shredded Cheddar Cheese Fat Free Ranch Dressing Choice of Milk ICE	*BREAKFAST FOR LUNCH* PANCAKES & SAUSAGE Syrup TURKEY BURGER Hamburger Bun ^ Mustard Diced Peaches Salad Bar Selections Mixed Greens Salad Fresh Spinach Leaves Garden Green Peas Cucumber Coins Fresh Zucchini Coins Carrot Sticks Fat Free Ranch Dressing Choice of Milk ICE	PEPPERONI PIZZA MEATBALLS W/TOMATO SAUCE Hot Dog Bun ^ Mixed Fruit Cup Salad Bar Selections Mixed Greens Salad Broccoli Florets Carrot Sticks Jicama Sticks Cucumber Coins Cauliflower Florets Croutons ^ Fat Free Ranch Dressing Choice of Milk ICE	MACARONI & CHEESE TACO BOAT FILLING Tostada Bowl Taco Sauce Fresh Fruit Vanilla Cookie ^ Salad Bar Selections Mixed Greens Salad Diced Tomatoes Black Beans Jalapenos Crunchy Celery Sticks Onions Fat Free Ranch Dressing Choice of Milk ICE	*FRESH FEATURE FRIDAY* HAMBURGER Mustard Ketchup BBQ FAJITA CHICKEN Hamburger Bun Fresh Fruit Salad Bar Selections Mixed Greens Salad Green Beans Crunchy Celery Sticks Green Pepper Slices Carrot Sticks Onions Light Italian Dressing Choice of Milk ICE
September 18, 2017	September 19, 2017	September 20, 2017	September 21, 2017	September 22, 2017
CHICKEN TENDERS BBQ Sauce Sliced Bread ^ TURKEY & CHEESE SANDWICH ^ Mustard Applesauce Cup Salad Bar Selections Mixed Greens Salad Red Peppers Green Beans Crunchy Celery Sticks Cucumber Coins Pickle Chips Shredded Cheddar Cheese Light Ranch Dressing Choice of Milk ICE	HOT DOG Hot Dog Bun Mustard Ketchup PIZZA DIPPERS Marinara Dipping Sauce Diced Peaches Raspberry Cookies ^ Salad Bar Selections Mixed Greens Salad Fresh Spinach Leaves Fresh Grape Tomatoes Cauliflower Florets Green Pepper Slices Cucumber Coins Light Italian Dressing Choice of Milk ICE	SANTA FE CHICKEN Tortilla Rounds ^ PASTRAMI BOLOGNA HAM & CHEESE SANDWICH Mustard Diced Pears Snickerdoodle Cookie ^ Salad Bar Selections Mixed Greens Salad Black Beans Corn Diced Tomatoes Onions Jalapenos Light Ranch Dressing Choice of Milk ICE	SAUSAGE PIZZA ^ SPICY CHICKEN FILLET Hamburger Bun BBQ Sauce Fresh Fruit Salad Bar Selections Mixed Greens Salad Broccoli Florets Carrot Sticks Green Pepper Slices Jicama Sticks Garbanzo Beans Light Italian Dressing Choice of Milk ICE	*NEW ITEM* MEATLOAF PANINI Ketchup MACARONI & CHEESE Breadstick ^ Fresh Fruit Salad Bar Selections Mixed Greens Salad Carrot Sticks Jicama Sticks Crunchy Celery Sticks Fresh Zucchini Coins Cucumber Coins Light Ranch Dressing Choice of Milk ICE

September 25, 2017	September 26, 2017	September 27, 2017	September 28, 2017	September 29, 2017
MEATLESS MONDAY** PIZZA DIPPERS Marinara Dipping Sauce GRILLED CHEESE PANINI Fresh Fruit Salad Bar Selections Mixed Greens Salad Red Peppers Jicama Sticks Garbanzo Beans Pickle Chips Cucumber Coins Shredded Cheddar Cheese Light Ranch Dressing Choice of Milk ICE	CHICKEN QUESO BURRITO ^ Salsa SLOPPY JOE Hamburger Bun Pineapple Tidbits Salad Bar Selections Mixed Greens Salad Green Beans Crunchy Celery Sticks Green Pepper Slices Carrot Sticks Onions Light Italian Dressing Choice of Milk ICE	TURKEY BURGER Hamburger Bun ^ Ketchup Chipotle Ranch PEPPERONI PIZZA Fresh Fruit Salad Bar Selections Mixed Greens Salad Diced Tomatoes Black Beans Jalapenos Crunchy Celery Sticks Onions Light Ranch Dressing Choice of Milk ICE	*MAKE YOUR OWN SALAD DAY* POPCORN CHICKEN SALISBURY STEAK W/ GRAVY Sliced Bread ^ Applesauce Cup Cheddar Sun Chips Salad Bar Selections Mixed Greens Salad Fresh Spinach Leaves Garden Green Peas Cucumber Coins Fresh Zucchini Coins Carrot Sticks Light French Dressing Choice of Milk ICE	PENNE PASTA W/ MEAT SAUCE CHICKEN TENDERS BBQ Sauce Fresh Fruit Chocolate Chip Minis ^ Salad Bar Selections Mixed Greens Salad Broccoli Florets Carrot Sticks Jicama Sticks Cucumber Coins Cauliflower Florets Light Ranch Dressing Choice of Milk ICE

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.



NEW SCHOOL YEAR, NEW MENU!!!



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