



FOOD FOR THOUGHT Organic Lunch Program

SEPTEMBER, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6
	Welcome Back! Mac-N-Cheese	Chicken Corn Chowder Artisan bread garden salad V: veggie corn chowder	Quesadillas with all the fixings	Chicken fingers V: zucchini fritters
9	10	11	12	13
Alfredo pasta with broccoli on the side	Lemon chicken piccata with herb roasted potatoes V: veggie frittata	Chili Artisan bread garden salad	7 Stars Hamburgers, homemade French fries, and fermented pickles V: veggie burgers	Pizza
16	17	18	19	20
Balsamic chicken bowtie pasta	French Toast, hard boiled eggs, yogurt, and fruit	Chicken Noodle Soup Artisan bread garden salad V: veggie noodle soup	Greek salad with pita and hummus	Tacos with all the fixings
23	24	25	26	27
Spaghetti with parmesan	Philly Cheesesteaks V: portabella mushroom sub	Italian Wedding Soup	Michaelmas Herb Chicken with oven roasted potatoes and KWS garden green beans V: veggie curry	Twice baked potatoes
30				
Lasagna				Vegetarian, gluten-free, and dairy free meals available every day