



September Lunch RUP

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	Cheeseburger w/ Oven Baked Fries or Chicken Patty Burger w/ Oven Baked Fries or Turkey & Cheese Torta Sandwich or Cheese Lasagna w/ Marinara & Wheat Crackers	Sesame Beef Bowl w/ Broccoli or Bean & Cheese Pupusa w/ Curtido Salad	Chicken Tamale w/ Pinto Beans or Turkey Nachos w/ Refried Beans & Poptillas or Bean Burrito Bowl w/ Rice & Corn	Pepperoni Pizza or Beef & Cheese Taco Stick
9	10	11	12	13
Hamburger or Cooks Choice	Chicken Bites w/ Mashed Potatoes & Pretzel Crackers or Penne & Meatsauce w/ Diced Carrots & Dinner Roll or Cheese Pizza Kit	Beef Birria Tacos w/ Tajin Corn or Teriyaki Chicken w/ Yakisoba Noodles & Diced Carrots & Goldfish Pretzels or Turkey & Cheese Cracker Kit w/ Baby Carrots	BBQ Chicken w/ Baked Beans & Dinner Roll or Queso Blanco Chicken Bowl w/ Rice & Pinto Beans or Bean & Cheese Pizza Kit Taco Bowl w/ PlantBORN Crumble, Rice & Corn	Beef, Bean & Cheese Burrito or Cheese Pizza or Wowbutter (Soybutter) & Jelly Sandwich
16	17	18	19	20
Cheeseburger w/ Oven Baked Fries or Chicken Patty Burger w/ Oven Baked Fries or Turkey & Cheese Torta Sandwich or Soy Veggie Burger w/ Roasted Potatoes	Mac & Cheese w/ Peas & Dinner Roll or Breakfast for Lunch: Egg Scramble w/ Roasted Potatoes & Pancakes or Turkey & Cheese Sub Sandwich w/ Baby Carrots	Orange Chicken & Not So Fried Rice w/ Diced Carrots or Bean & Cheese Pupusa w/ Curtido Salad	Chicken Tamale w/ Pinto Beans or Turkey Nachos w/ Refried Beans & Poptillas or Turkey & Cheese Cracker Kit w/ Roasted Fava Beans	Pepperoni Pizza or Grilled Cheese Sandwich
23	24	25	26	27
Hamburger w/ Oven Baked Fries or Hot Dog w/ Oven Baked Fries or Turkey & Cheese Knot Sandwich w/ Oven Baked Fries or Soy Veggie Burger w/ Roasted Potatoes	Chicken Bites w/ Mashed Potatoes & Pretzel Crackers or Penne & Meatsauce w/ Diced Carrots & Dinner Roll or Cheese Pizza Kit	Beef Birria Tacos w/ Tajin Corn or Teriyaki Chicken w/ Yakisoba Noodles & Diced Carrots & Goldfish Pretzels or Turkey & Cheese Cracker Kit w/ Baby Carrots	BBQ Chicken w/ Baked Beans & Dinner Roll or Queso Blanco Chicken Bowl w/ Rice & Pinto Beans or Bean & Cheese Pizza Kit	Beef, Bean & Cheese Burrito or Cheese Pizza or Wowbutter (Soybutter) & Jelly Sandwich
30				
Cheeseburger w/ Oven Baked Fries or Chicken Patty Burger w/ Oven Baked Fries or Turkey & Cheese Torta Sandwich				
Lunch Includes:	Veg of the Day:	Featured Fruit:		
All lunch meals include choice of fruit and milk. All student are required to take 1/2 of produce with each meal.	Tuesday:Side of Oven Baked Fries (1/2 C),Baby Carrots (1/2 C) Wednesday:Roasted Fava Beans Thursday:Cucumber Slices (1/2 C) w/ Tajin Friday:Side Salad - Lettuce, Carrot, Tomato w/Ranch & Roll (1 C) Monday:Side of Oven Baked Fries	100% Fruit Juice 4 oz,Orange (1/2 C),Banana (1/2 C),Apple (1/2 C),Plum (1/2 C),Pear (1/2 C),Grapes (1/2 C),Watermelon (25 servings per tray)		