

September 2020 LUNCH MENU

All meals prepared
by iCookCafe:

www.icookcafe.com



Every complete meal served comes with choice of entrée, fresh fruit, and choice of 1% or non-fat white milk.

WEEK 1

Tuesday, September 1st

Main Entrées: Tuna Salad Sandwich (S, WG)

Vegetarian: Egg Salad Sandwich (S, WG)

Sides: Celery and Ranch Dip

Wednesday, September 2nd

Main Entrées: Spaghetti w/ Meat sauce(S, WG)

Vegetarian: Spaghetti w/ Marinara (S, WG)

Sides: Steamed Broccoli

Thursday, September 3rd

Main Entrées: Beef Taquitos with Red Sauce (S, WG)

Vegetarian: Black Bean & Cheese Taquitos with Red Sauce (S, WG)

Sides: Mexicali Corn, Refried Beans

Friday, September 4th

Main Entrée: Beef Hot Dog(S, WG)

Vegetarian: Veggie Hot dog (S, WG)

Sides: Oven Baked Sweet Potato Fries,

WEEK 2

Monday, September 7th

Main Entrées: Turkey and Cheese Sandwich (S, WG)

Vegetarian: Roasted Vegetable and Cheese Sandwich (S, WG)

Sides: Caesar Salad

Check out CA Grown produce each month on the menu
www.harvestofthemonth.com

September HARVEST OF THE MONTH Corn

Did you know?

A ½ cup of white or yellow corn provides a good source of folate and thiamin, and many other vitamins, including vitamin C.



S: Made from Scratch, **WG:** Whole Grain, **P*:** Contains Pork

September Lunch Menu: Featured Daily Specials

Tuesday, September 8th

Main Entrées: Chicken Broc' Penne (S, WG)

Vegetarian: Chick-less Broc' Penne (S, WG)

Sides: Mixed Green Salad

Wednesday, September 9th

Main Entrées: BBQ Ranch Chicken Wrap (S, WG)

Vegetarian: Veggie 'Chicken' Wrap (S, WG)

Sides: Carrot Sticks with Ranch Dip

Thursday, September 10th

Main Entrées: Chicken Quesadilla (S, WG)

Vegetarian: Vegetable Quesadilla (S, WG)

Sides: Mexicali Corn

Friday, September 11th

Main Entrées: Pizza Burger (Sloppy joe) (S, WG)

Vegetarian: Black Bean Burger (S, WG)

Sides: Caesar Salad

WEEK 3

Monday, September 14th

Main Entrées: Chicken Tomato Bake (S, WG)

Vegetarian: Chick-less Tomato Bake (S, WG)

Sides: Steamed Broccoli

Tuesday, September 15th

Main Entrées: BBQ Chicken (S, WG)

Vegetarian: BBQ Tofu (S, WG)

Sides: Mac & Cheese, Sautéed Zucchini

Wednesday, September 16th

Main Entrées: Ham Sandwich (S, WG, P)

Vegetarian: Roasted Veggie & Cheese Sandwich (S, WG)

Sides: Chickpea Side Salad

Thursday September 17th

Main Entrées: Oven Roasted Chicken (S, WG)

Vegetarian: Oven Roast Chick less (S, WG)

Sides: Brown Rice, Green Peas

Friday, September 18th

Main Entrées: Turkey and Cheese Wrap (S, WG)

Vegetarian: Vegetable Wrap (S, WG)

Sides: Celery Sticks with Ranch

WEEK 4

Monday, September 21st

Main Entrées: Beef Nachos (S, WG)

Vegetarian: Veggie Refried Beans Nachos (S, WG)

Sides: Steamed Corn

Tuesday, September 22nd

Main Entrées: Chicken Alfredo (S, WG)

Vegetarian: Chick-less Alfredo Pasta (S, WG)

Sides: Steamed Broccoli

Wednesday, September 23rd

Main Entrées: Lasagna with Ground Turkey (S, WG)

Vegetarian: Vegetable Lasagna (S, WG)

Sides: Steamed Carrots

Thursday September 24th

Main Entrées: Hamburger

Pickles, Tomato, & Lettuce (S, WG)

Vegetarian: Veggie Burger

Pickles, Tomato, & Lettuce (S, WG)

Sides: Baked Sweet Potato Fries

Friday, September 25th

Main Entrées: Turkey and Cheese Sandwich (S, WG)

Vegetarian: Roasted Veggie & Cheese Sandwich (S, WG)

Sides: Mixed Green Salad

WEEK 5

Monday, September 28th

Main Entrées: Honey Lime Chicken (S, WG)

Vegetarian: Honey Lime Chick-less (S, WG)

Sides: Brown Rice Pilaf, Steamed Broccoli

Tuesday, September 29th

Main Entrées: Beef Taco Salad Bowl (S, WG)

Vegetarian: Black Bean Taco Salad (S, WG)

Wednesday, September 30th

Main Entrées: Chicken Burrito (S, WG)

Vegetarian: Bean & Cheese Burrito (S, WG)

Sides: Refried Beans