

# September

2019

## ST Francis

### Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 LABOR DAY	3 Taco Tuesday GF V DF available	4	5 Grilled cheese, chicken and noodle soup, veggies and Ranch, fruit	6 Hamburgers , veggie burgers, fixins, tater tots, fruit	7
8	9 Migas, flour and corn tortillas, refried beans, salsa, salad, fruit	10 Taco Tuesday GF V DF available	11	12 Hot dogs, veggie dogs, chips, chopped veggie salad with Ranch, fruit	13 Grilled chicken with pesto pasta, veggie pasta, carrots, garlic bread, fruit	14
15	16 Sloppy joes, pickles, corn cob, green beans , fruit, V Sloppy Joes	17 Taco Tuesday GF V DF available	18	19 Spaghetti and meatballs, veggie meatballs, garlic bread, salad, fruit	20 Pulled pork sliders, roasted zucchini, V BBQ, fruit	21
22	23 Turkey meatloaf, veggie loaf, Mashed potatoes and gravy, peas and fruit	24 Taco Tuesday GF V DF available	25	26 Chicken (Tofu)&waffles, carrot, celery & Ranch, fruit	27 Hamburgers , veggie burgers, fixins, tater tots, fruit	28
29	30 Grilled chicken, pasta Alfredo, roasted broccoli, fruit, GF V pasta					