## September 2016

## Lunch Menu

| $\mathbf{M}$ | $\Psi$ | $W$ | $\boldsymbol{T}$ | $F$ |
| :---: | :---: | :---: | :---: | :---: |
|  |  |  | 1 <br> Quesadilla/ Mexican Rice Fresh Fruit/ Milk | 2 |
| 5 | 6 | 7 | 8 | 9 |
|  | Turkey Wrap/ Salad Fresh Fruit Milk |  | Grilled Cheese/ Hummus Fresh Fruit Milk |  |
| 12 | 13 | 14 | 15 | 16 |
|  | Spaghetti with Meat Sauce Garlic Bread Fruit/Water |  | Cheese Pizza <br> Steamed <br> Veggies <br> Fruit/Water |  |
| 19 | 20 | 21 | 22 | 23 |
|  | Turkey Meatballs White Rice Fruit/Milk |  | Chicken <br> Teriyaki Bowl <br> Steamed <br> Broccoli <br> Fruit/Milk |  |
| 26 | 27 | 28 | 29 | 30 |
|  | Meat Lasagna <br> Steamed Carrots <br> Fruit/Milk |  | Turkey Hot dog <br> French fries Fruit/Milk |  |

Please tear off the bottom portion and return with your check (payable to All About Kids School) to the office no later than the evening before. Please mark the days that you would want lunch. (Daily Lunch is $\$ 5.00$ )
Mon.
Tue.
Wed.
Thur.
Fri.
6 $\qquad$
15
20
27

22
29
$\qquad$
1
$\qquad$
8
13 $\qquad$
$\qquad$

Name $\qquad$ \# of

Days $\qquad$

