

# September

2019

## Austin Discovery School

### Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 LABOR DAY	3 Taco pie (Veggie) black beans rice fruit	4 Beef lasagna, veggie lasagna salad WW rolls fruit	5 Grilled cheese, Chicken and noodle soup, veggies & Ranch fruit	6 Salisbury steak, Veggie loaf sweet potato tots, roasted cauliflower, fruit	7
8	9 Migas, flour and corn tortillas refried beans, salsa, salad & fruit	10 Nachos with beef, beans, cheese etc. salad fruit	11 Pizza (Cheese & Pepperoni) salad fruit	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 on the cob, green beans, V Sloppy Joes fruit	17 Chicken enchilada pie (Cheese) rice and beans, fruit	18 Pizza (Cheese & Pepperoni) salad fruit	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 fruit	24 Nachos with beef, beans, cheese etc, salad fruit	25 Pizza (Veggie)polenta casserole salad fruit	26 Chicken and waffles, (Tofu) carrot, celery & Ranch fruit	27 Hamburgers, veggie burgers, fixins, tater tots fruit	28
29	30 Grilled chicken, pasta Alfredo roasted broccoli GF V pasta & fruit,					

