

# September

2020

## Congregation Beth Israel

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Bean & Cheese Quesadilla <b>V</b> Corn <b>GF DF V</b> Spanish Rice <b>GF DF V</b> Oranges <b>GF DF V</b>	2 Spaghetti & Meatballs Vegetable Medley <b>GF DF V</b> Melon	3 Terriyaki Chicken <b>GF</b> Veggie Rice <b>GF DF V</b> Egg roll <b>DF V E</b> Pineapple <b>GF DF V</b>	4 pizza
7 No School Labor Day!!!	8 Beef Soft Tacos Rice <b>GF DF V</b> Refried Beans <b>GF DF V</b> Oranges <b>GF DF V</b>	9 Fish Sticks <b>DF E</b> Mac & Cheese <b>E V</b> Peas & carrots <b>GF DF V</b> Melon <b>GF DF V</b>	10 Baked Chicken <b>GF DF</b> Mashed Potatoes <b>GF V</b> Green Beans <b>GF DF V</b> Pineapple <b>GF DF V</b>	11 pizza
14 Baked Turkey Ziti <b>E</b> Broccoli <b>GF DF V</b> Apples <b>GF DF V</b>	15 Chicken soft tacos Rice <b>GF DF V</b> Black Beans <b>GF DF V</b> Fruit <b>GF DF V</b>	16 Bowtie Pasta w/tomato, Basil & Mozzarella <b>V E</b> Chopped salad <b>GF DF V</b> Melon <b>GF DF V</b>	17 Beef Empanadas <b>DF</b> Green Beans <b>GF DF V</b> Pineapple <b>GF DF V</b>	18 pizza
21 Beef Meatloaf <b>DF</b> Mashed Potatoes <b>GF DF V</b> Green Beans <b>GF DF V</b> Fruit <b>GF DF V</b>	22 Soft Turkey Tacos <b>DF</b> Rice <b>GF DF V</b> Refried Beans <b>GF DF V</b> Fruit <b>GF DF V</b>	23 Fish Cakes <b>E DF</b> Cous Cous <b>DF V</b> Zucchini <b>GF DF V</b> Melon <b>GF DF V</b>	24 Chicken Strips Mac & Cheese <b>V</b> Broccoli <b>GF DF V</b> Pineapple <b>GF DF V</b>	25 pizza
28 Chicken & Rice Casserole <b>GF</b> Zucchini & Squash <b>GF DF V</b> Apples <b>GF DF V</b>	29 Cheese Enchiladas <b>GF V</b> Black Bean & Corn <b>GF DF V</b> Spanish Rice <b>GF DF V</b> Oranges <b>GF DF V</b>	30 Angel hair pasta with veggie marinara <b>E V</b> Veggie Medley <b>GF DF V</b> Melon <b>GF DF V</b>		