


A YUMMY SEPTEMBER ORGANIC & NATURAL LUNCH MENU FOR TRUE NORTH CLASSICAL ACADEMY

*Daily Beverage Options Are: 1% Milk and Nonfat Chocolate Milk

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| <p style="text-align: center;">2</p> <p style="text-align: center;">LABOR DAY</p>  | <p style="text-align: center;">3</p> <p>Option #1: Baked Chicken Nuggets, Roasted Corn Nibbles, WW Roll, Fresh Fruit</p> | <p style="text-align: center;">4</p> <p>Option #1: Orange Chicken w/Lo Mein Noodles, Asian Style Broccoli, Fresh Fruit</p> <p>Option #2: Grilled Cheese, Asian Style Broccoli, Fresh Fruit</p> | <p style="text-align: center;">5</p> <p>Option #1: Lean Beef Burger, Roasted Sweet Potato Wedges, Fresh Fruit</p> <p>Option #2: Mac & Cheese, Roasted Sweet Potato Wedges, Fruit</p> | <p style="text-align: center;">6</p> <p style="text-align: center;">PIZZA DAY</p> <p>Cheese Pizza (1 slice), Cucumbers, Grape Tomatoes & Ranch Dip, Fruit</p> |
| <p style="text-align: center;">9</p> <p>Option #1: Grilled Chicken Parmesan over Pasta, Glazed Carrots, Fresh Fruit</p> <p>Option #2: Grilled Chicken over Pasta, Glazed Carrots, Fresh Fruit</p> | <p style="text-align: center;">10</p> <p>Option #1: Breakfast for Lunch—Waffles, Eggs, Lyonnaise Potatoes w/Peppers & Onions, Fresh Fruit</p> <p>Option #2: Lean Beef Burger, Lyonnaise Potatoes w/Peppers & Onions, Fresh Fruit</p> | <p style="text-align: center;">11</p> <p>Option #1: Arroz con Pollo, Black Beans, Fresh Fruit</p> <p>Option #2: Grilled Cheese, Steamed Edamame, Fresh Fruit</p> | <p style="text-align: center;">12</p> <p>Option #1: Korean Beef Bowl over Rice, Asian Style Broccoli, Fresh Fruit</p> <p>Option #2: Lean Beef Sloppy Joe's, Asian Style Broccoli, Fruit</p> | <p style="text-align: center;">13</p> <p style="text-align: center;">PIZZA DAY</p> <p>Cheese Pizza (1 slice), Carrots w/Dip, Fresh Fruit</p> |
| <p style="text-align: center;">16</p> <p>Option #1: Baked Chicken Nuggets, Sauteed Herbed Squash, Zucchini, & Mushrooms, WW Roll, Fresh Fruit</p> | <p style="text-align: center;">17</p> <p>Option #1: Turkey & Cheese Burrito (w/Brown Rice inside), Black Beans, Fresh Fruit</p> <p>Option #2: Cheese Burrito (w/ Brown Rice inside), Black Beans, Fresh Fruit</p> | <p style="text-align: center;">18</p> <p>Option #1: Philly Cheesesteak, Roasted Sweet Potato Wedges, Fresh Fruit</p> <p>Option #2: Grilled Cheese, Roasted Sweet Potato Wedges, Fresh Fruit</p> | <p style="text-align: center;">19</p> <p>Option #1: Baked & Breaded Fish Sticks w/Slaw, Baked Tater Tots, Fresh Fruit</p> <p>Option #2: Mac & Cheese, Baked Tater Tots, Fresh Fruit</p> | <p style="text-align: center;">20</p> <p style="text-align: center;">PIZZA DAY</p> <p>Cheese Pizza (1 slice), Caesar Salad, Fresh Fruit</p> |
| <p style="text-align: center;">23</p> <p>Option #1: Pasta w/Lean Beef Bolognese, Steamed Edamame, Fresh Fruit</p> | <p style="text-align: center;">24</p> <p>Option #1: Turkey Po' Boy Sandwich, Honey Vanilla Glazed Carrots, Fresh Fruit</p> | <p style="text-align: center;">25</p> <p>Option #1: Chicken Paella, Baked Plantains, Fresh Fruit</p> <p>Option #2: Grilled Cheese, Baked Tater Tots, Fresh Fruit</p> | <p style="text-align: center;">26</p> <p>Option #1: BBQ Beef Sandwich, Herbed Broccoli Crunch, Fresh Fruit</p> <p>Option #2: Mac & Cheese, Herbed Broccoli Crunch, Fresh Fruit</p> | <p style="text-align: center;">27</p> <p style="text-align: center;">PIZZA DAY</p> <p>Cheese Pizza (1 slice), Cucumbers w/Dip, Fresh Fruit</p> |
| <p style="text-align: center;">30</p> | | | | |