

Monday, September 1

**CLOSED FOR
LABOR DAY**

Tuesday, September 2

- **Chicken Tinga**
- Roasted Corn
- Cantaloupe
- Brown Rice

Wednesday, September 3

- **White fish**
- Carrots
- Orange
- Quinoa

Thursday, September 4

- **Chicken Enchiladas**
- Black Beans
- Yellow Summer Squash
- Kiwi

Friday, September 5

- **Beef w/ Onions & Tomatoes**
- Steamed Greens
- Fruit
- Brown Rice

Monday, September 8

- **Orange Chicken**
- Garlic Zucchini
- Carrots
- Brown Rice

Tuesday, September 9

- **Beef Stir-Fry**
- Broccoli
- Orange
- Whole Grain Noodles

Wednesday, September 10

- **Baked Chicken**
- White Beans
- Baked Yams
- Whole Grain Roll

Thursday, September 11

- **Fish Almandine**
- Garlic Fish
- Pineapple & Papaya
- Quinoa

Friday, September 12

- **Harissa Chickpeas**
- Roasted Eggplant
- Honeydew Melon
- Whole Grain Pita

Monday, September 15

- **Beef Fajitas**
- Corn
- Green Beans
- Whole Grain Tortilla

Tuesday, September 16

- **Chicken Chile Verde**
- Pinto Beans
- Cantaloupe
- Brown Rice

Wednesday, September 17

- **Fish Piccata**
- Sauteed Bell Peppers
- Pineapple & Papaya
- Whole Grain Pasta

Thursday, September 18

- **Beef Stew**
- Garlic Kale
- Honeydew Melon
- Brown Rice

Friday, September 19

- **Poblano Creamy Chicken**
- Green Beans
- Orange
- Whole Grain Pasta

Monday, September 22

- **Chicken Tikka Masala**
- Roasted Eggplant
- Cantaloupe
- Brown Rice

Tuesday, September 23

**CLOSED FOR
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Wednesday, September 24

**CLOSED FOR
ROSH HASHANAH**

Thursday, September 25

- **Chicken Primavera**
- Green Peas
- Whole Grain Pasta
- Fruit

Friday, September 26

- **Beef Chile Colorado**
- Black Beans
- Kiwi
- Whole Grain Tortilla

Monday, September 29

- **Garlic Fish**
- Spinach
- Orange
- Quinoa

Tuesday, September 30

- **Carne Asada**
- Refried Beans
- Kiwi
- Whole Grain Tortilla

• **Menu subject to change**
• **\$3 suggested donation**

