

# SEPTEMBER 2022 BREAKFAST & LUNCH MENU

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**GF** - gluten free  
**DF** - dairy free  
**V** - vegetarian  
**VG** - vegan

**\*\*All meal options in red are Gluten Free, Dairy Free, and Vegan\*\***

**5**  
**LABOR DAY**

**6**  
**Breakfast [V]:** oat bar & fruit  
**Lunch [V]:** chicken caesar wrap  
**Breakfast:** cereal & soy milk  
**Lunch:** taco wrap

**7**  
**Breakfast [V]:** cereal & fruit  
**Lunch [V]:** chicken & veggie fried rice  
**Breakfast:** cereal & soy milk  
**Lunch:** fried rice

**1**  
**Breakfast [V]:** oat bar & fruit  
**Lunch [V]:** bean & cheese burrito (corn)  
**Breakfast:** granola bar & fruit  
**Lunch:** bean & rice burrito

**2**  
**Breakfast [V]:** apple sauce & oat bar  
**Lunch [VG]:** plant based broccoli mac & cheese  
**Breakfast:** cereal & soy milk  
**Lunch:** taco wrap

**8**  
**Breakfast [V]:** granola bar & fruit  
**Lunch [V]:** spaghetti w/ meat sauce (side salad)  
**Breakfast:** breakfast bar  
**Lunch:** pasta bolognese

**9**  
**Breakfast [V]:** muffin & fruit  
**Lunch [V]:** chicken sandwich & fries  
**Breakfast:** sunbutter & apple  
**Lunch:** crackers & hummus

**12**  
**Breakfast [V]:** apple sauce & oat bar  
**Lunch [VG]:** plant based spaghetti (side salad)  
**Breakfast:** breakfast bar  
**Lunch:** pasta bolognese

**13**  
**Breakfast:** cereal & fruit  
**Lunch:** sesame chicken wrap  
**Breakfast:** sunbutter & apple  
**Lunch:** sesame wrap

**14**  
**Breakfast [V]:** granola bar & fruit  
**Lunch [V]:** pita chicken gyro (cucumber salad)  
**Breakfast:** cereal & soy milk  
**Lunch:** mediterranean wrap & hummus

**15**  
**Breakfast [V]:** oat bar & fruit  
**Lunch [V]:** bean & cheese burrito (corn)  
**Breakfast:** breakfast bar  
**Lunch:** bean & rice burrito

**16**  
**Breakfast [V]:** muffin & fruit  
**Lunch:** cheeseburger & fries  
**Breakfast:** breakfast bar  
**Lunch:** tu-no salad

**19**  
**Breakfast [V]:** apple sauce & oat bar  
**Lunch [VG]:** plant based broccoli mac & cheese  
**Breakfast:** breakfast bar  
**Lunch:** sunbutter & jelly

**20**  
**Breakfast [V]:** benefit bar & juice  
**Lunch [V]:** chicken & broccoli alfredo  
**Breakfast:** sunbutter & apple  
**Lunch:** crackers & hummus

**21**  
**Breakfast [V]:** cereal & fruit  
**Lunch [V]:** chicken & veggie fried rice  
**Breakfast:** cereal & soy milk  
**Lunch:** fried rice

**22**  
**Breakfast [V]:** granola bar & fruit  
**Lunch [V]:** chicken caesar wrap  
**Breakfast:** granola bar & fruit  
**Lunch:** pasta bolognese

**23**  
**Breakfast [V]:** muffin & fruit  
**Lunch [V]:** chicken sandwich & fries  
**Breakfast:** breakfast bar  
**Lunch:** crackers & hummus

**26**  
**Breakfast [V]:** apple sauce & oat bar  
**Lunch [VG]:** plant based pita pizza (carrots & ranch)  
**Breakfast:** breakfast bar  
**Lunch:** sunbutter & jelly

**27**  
**Breakfast [V]:** oat bar & fruit  
**Lunch [V]:** taco wrap  
**Breakfast:** breakfast bar  
**Lunch:** taco wrap

**28**  
**Breakfast [V]:** cereal & fruit  
**Lunch [V]:** pita chicken gyro (cucumber salad)  
**Breakfast:** cereal & soy milk  
**Lunch:** mediterranean wrap & hummus

**29**  
**Breakfast [V]:** oat bar & fruit  
**Lunch [V]:** bean & cheese burrito (corn)  
**Breakfast:** granola bar & fruit  
**Lunch:** bean & rice burrito

**30**  
**Breakfast [V]:** muffin & fruit  
**Lunch [V]:** chicken nuggets & fries  
**Breakfast:** sunbutter & apple  
**Lunch:** tu-no salad