



September 2017

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	Entrees	**Sandwiches & Wraps	Snacks & Sides (available for a la carte purchase)
Mondays Sep 4 (Holiday) Sep 11 Sep 18 Sep 25	Crunchy Oven Baked Chicken Strips (NF) Spaghetti & Meatballs (NF, Vegetarian upon request) Chicken Fried Rice (GF,DF,NF,Vegetarian upon request) *Broccoli & Cheese Chowder (NF)	Smoked Turkey & Cheese Pita Pocket (NF) *Roasted Broccoli & Mozzarella (NF)	*Fresh Guacamole & Chips (DF,NF) *Puffed Rice Snowballs (GF,NF)
Tuesdays Sep 5 Sep 12 Sep 19 Sep 26	Roasted Garlic Chicken w/ Broccoli & Potatoes (DF,GF,NF) *Three Cheese Macaroni (NF) *Crispy Baked Chimichanga (NF) Cobb Salad (NF)	Mini Meatball Sliders (NF) Roast Beef & Cheese Pita Pockets (NF)	*Mixed Berry & Yogurt Parfait (GF,NF) *BBQ Kale Chips (DF,GF,NF)
Wednesdays Sep 6 Sep 13 Sep 20 Sep 27	*Three Cheese Macaroni (NF) Spaghetti & Meatballs (NF, Vegetarian upon request) California Roll Sushi (GF,DF,NF) Chicken Tortilla Soup (DF,NF)	*Veggie Lunch Wraps (DF,NF) Creamy Hummus & Smoked Turkey Bagel Sandwich (NF)	*Chocolate Avocado Pudding (DF,GF,NF) *BBQ Kale Chips (DF,GF,NF)
Thursdays Sep 7 Sep 14 Sep 21 Sep 28	Crunchy Oven Baked Fish Sticks (NF) Chicken Tikka Masala (GF,NF) California Roll Sushi (GF,DF,NF) Light Chicken Caesar Salad (NF)	*Brown Rice & Bean Burrito (NF) Stuffed Turkey Burger (NF)	*Mixed Berry & Yogurt Parfait (GF,NF) *Fresh Guacamole & Chips (DF,NF)
Fridays Sep 1 Sep 8 Sep 15 Sep 22 Sep 29	Crunchy Fish Soft Tacos (NF) Chicken Katsu (NF) *Corn & Zucchini Fritters (NF) *Homemade Tomato Soup (NF)	Gyro Sandwich (NF) *Veggie Lunch Wraps (DF,NF)	*BBQ Kale Chips (DF,GF,NF) *Puffed Rice Snowballs (GF,NF)

* Indicates vegetarian item

** Whole Grain Bagel w/ Cream Cheese (nut free), Sunbutter & Raspberry Preserves (nut free & dairy free) and Rice Crackers with Tuna Salad Spread (gluten free, nut free, & dairy free) available daily.

DF - Dairy Free, GF - Gluten Free, NF - Nut Free

Please note that while we do offer gluten-free and nut free items, our kitchen is not a gluten free or nut free facility.