

# SEPTEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">3</p> <p style="text-align: center;"><b>Labor Day</b></p>	<p style="text-align: right;">4</p> <p><b>Breakfast</b> Yogurt Parfait Apple, Milk</p> <p><b>Lunch</b> Bean Taco Platter Cheese, Rice, Pinto Beans Apple, Milk</p>	<p style="text-align: right;">5</p> <p><b>Breakfast</b> Oatmeal Cinamon Apples, Milk</p> <p><b>Lunch</b> Tomato Soup &amp; Grilled Cheese Toast Watermelon, Milk</p>	<p style="text-align: right;">6</p> <p><b>Breakfast</b> Seasonal Baked Good, Muffin CK Fruit Salad, Milk</p> <p><b>Lunch</b> BBQ Chicken, BBQ Tofu Brown Jasmine Rice, Cucumber Salad, Banana, Milk</p>	<p style="text-align: right;">7</p> <p><b>Breakfast</b> Scrambled Eggs, Toast Apple, Milk</p> <p><b>Lunch</b> Sloppy Joes, Lentil Joes Potato Watermelon, Milk</p>
<p style="text-align: right;">10</p> <p><b>Breakfast</b> Hard Boiled Egg CK Fruit Salad, Milk</p> <p><b>Lunch</b> Pesto Pasta CK Romaine Slaw Orange, Milk</p>	<p style="text-align: right;">11</p> <p><b>Breakfast</b> Yogurt Parfait Apple, Milk</p> <p><b>Lunch</b> Nachos with Beans Corn Chips Watermelon, Milk</p>	<p style="text-align: right;">12</p> <p><b>Breakfast</b> Seasonal Baked Good, Muffin CK Fruit Salad, Milk</p> <p><b>Lunch</b> Korean Beef Bowl, Korean Veggie Bowl Brown Jasmine Rice, Zuchini Apple, Milk</p>	<p style="text-align: right;">13</p> <p><b>Breakfast</b> Cereal CK Fruit Salad, Milk</p> <p><b>Lunch</b> Shepards Pie, Veggie Pie Mashed Potato Watermelon, Milk</p>	<p style="text-align: right;">14</p> <p><b>Breakfast</b> Scrambled Eggs, Toast Apple, Milk</p> <p><b>Lunch</b> Hot Dogs, Veggie Burger Carrot Sticks Apple, Milk</p>
<p style="text-align: right;">17</p> <p><b>Breakfast</b> Hard Boiled Egg CK Fruit Salad, Milk</p> <p><b>Lunch</b> Mac and Cheese Broccoli Watermelon, Milk</p>	<p style="text-align: right;">18</p> <p><b>Breakfast</b> Yogurt Parfait Apple, Milk</p> <p><b>Lunch</b> Bean Cheese Rice Burrito Veggie Burrito Orange, Milk</p>	<p style="text-align: right;">19</p> <p><b>Breakfast</b> Oatmeal Cinamon Apple, Milk</p> <p><b>Lunch</b> Cheese Burger, Veggie Burger Potato Watermelon, Milk</p>	<p style="text-align: right;">20</p> <p><b>Breakfast</b> Cereal CK Fruit Salad, Milk</p> <p><b>Lunch</b> Honey Orange Chicken Brown Jasmine Rice, Zuchini Apple, Milk</p>	<p style="text-align: right;">21</p> <p><b>Breakfast</b> Scrambled Eggs, Toast Apple, Milk</p> <p><b>Lunch</b> Beef Bolognaise Pasta, Teriyaki Tofu Carrot Sticks Watermelon, Milk</p>
<p style="text-align: right;">24</p> <p><b>Breakfast</b> Hard Boiled Egg CK Fruit Salad, Milk</p> <p><b>Lunch</b> Tomato Soup &amp; Grilled Cheese Toast Banana, Milk</p>	<p style="text-align: right;">25</p> <p><b>Breakfast</b> Yogurt Parfait Apple, Milk</p> <p><b>Lunch</b> Beef Enchiladas Casserole, Veggie Enchiladas Brown Jasmine Rice, Pinto Beans Pear, Milk</p>	<p style="text-align: right;">26</p> <p><b>Breakfast</b> Seasonal Baked Good, Muffin CK Fruit Salad, Milk</p> <p><b>Lunch</b> Pasta Marinara with Cheese CK Romaine Slaw Orange, Milk</p>	<p style="text-align: right;">27</p> <p><b>Breakfast</b> Cereal CK Fruit Salad, Milk</p> <p><b>Lunch</b> Chicken Teriyaki, Teriyaki Tofu Onion Peppers Watermelon, Milk</p>	<p style="text-align: right;">28</p> <p><b>Breakfast</b> Scrambled Eggs, Toast Apple, Milk</p> <p><b>Lunch</b> Buffalo Chicken Drumsticks, Buffalo Tofu Brown Jasmine Rice, Carrot Sticks Apple, Milk</p>



## WILLOW CREEK ACADEMY

*Meals will be prepared with fresh local organic seasonal sustainable and non gmo ingredients as best we can.*

*Substitutions may occur based on availability of ingredients.*

