

SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Memorial Day 2</p> <p>Breakfast Yogurt Parfait, Granola Apple, Milk</p> <p>Lunch Beef Taco Platter, Bean Taco Platter Rice, Pinto Bean Apple, Milk</p>	<p>3</p> <p>Breakfast Yogurt Parfait, Granola Apple, Milk</p> <p>Lunch Beef Taco Platter, Bean Taco Platter Rice, Pinto Bean Apple, Milk</p>	<p>4</p> <p>Breakfast Oatmeal Cinamon Apples, Milk</p> <p>Lunch Tomato Soup and Grilled Cheese Cheese, Toast Watermelon, Milk</p>	<p>5</p> <p>Breakfast Seasonal Baked Good, Muffin CK Fruit Salad, Milk</p> <p>Lunch BBQ Chicken, BBQ Tofu Brown Jasmine Rice, Cucumber Salad Banana, Milk</p>	<p>6</p> <p>Breakfast Scrambled Eggs, Toast Apple, Milk</p> <p>Lunch Hot Dogs, Veggie Burger Hot Dog Bun, Potato Watermelon, Milk</p>
<p>9</p> <p>Breakfast Hard Boiled Egg, Toast CK Fruit Salad, Milk</p> <p>Lunch Pasta with Pesto Sauce Pasta, Cheese, CK Romaine Slaw Orange, Milk</p>	<p>10</p> <p>Breakfast Yogurt Parfait, Granola Apple, Milk</p> <p>Lunch Nachos w/ Beans, Cheese Corn Chips, Pinto Bean Watermelon, Milk</p>	<p>11</p> <p>Breakfast Seasonal Baked Good, Muffin, CK Fruit Salad, Milk</p> <p>Lunch Korean Beef Bowl, Korean Veggie Bowl Brown Jasmine Rice Cauliflower Apple, Milk</p>	<p>12</p> <p>Breakfast Cereal CK Fruit Salad, Milk</p> <p>Lunch Shepards Pie, Veggie Pie Toast, Mashed Potato Watermelon, Milk</p>	<p>13</p> <p>Breakfast Scrambled Eggs, Toast Apple, Milk</p> <p>Lunch Hot Dogs, Veggie Burger Hot Dog Bun, Carrot Sticks Apple, Milk</p>
<p>16</p> <p>Breakfast Hard Boiled Egg, Toast CK Fruit Salad, Milk</p> <p>Lunch Mac and Cheese Cheese, Pasta, Broccoli Watermelon, Milk</p>	<p>17</p> <p>Breakfast Yogurt Parfait, Granola Apple, Milk</p> <p>Lunch Bean Cheese Rice Burrito, Veggie Burrito Tortilla, Pinto Bean Orange, Milk</p>	<p>18</p> <p>Breakfast Oatmeal, Cinnamon Apple, Milk</p> <p>Lunch Cheese Burger, Veggie Joes Hamburger Bun, Potato Watermelon, Milk</p>	<p>19</p> <p>Breakfast Cereal CK Fruit Salad, Milk</p> <p>Lunch Lemon Pepper Chicken Lemon Pepper Tofu Brown Jasmine Rice, Cucumber Salad Apple, Milk</p>	<p>20</p> <p>Breakfast Scrambled Eggs, Toast Apple, Milk</p> <p>Lunch Beef Bolognaise Pasta, Teriyaki Tofu Pasta, Carrot Sticks Watermelon, Milk</p>
<p>23</p> <p>Breakfast Hard Boiled Egg, Toast CK Fruit Salad, Milk</p> <p>Lunch Tomato Soup and Grilled Cheese Cheese, Toast Banana, Milk</p>	<p>24</p> <p>Breakfast Yogurt Parfait, Granola Apple, Milk</p> <p>Lunch Beef Enchiladas Casserole, Veggie Enchiladas Brown Jasmine Rice, Pinto Bean Pear, Milk</p>	<p>25</p> <p>Breakfast Seasonal Baked Good, Muffin CK Fruit Salad, Milk</p> <p>Lunch Pasta Marinara with Cheese Pasta, Cheese, CK Romaine Slaw Orange, Milk</p>	<p>26</p> <p>Breakfast Cereal CK Fruit Salad, Milk</p> <p>Lunch Chicken Teriyaki, Teriyaki Tofu Asian Noodles, Onion Peppers Watermelon, Milk</p>	<p>27</p> <p>Breakfast Scrambled Eggs, Toast Apple, Milk</p> <p>Lunch Hot Dogs, Veggie Burger Hot Dog Bun, Carrot Sticks Apple, Milk</p>
<p>30</p> <p>Breakfast Hard Boiled Egg, Toast CK Fruit Salad, Milk</p> <p>Lunch Pesto Pasta Toast, Cheese, Cauliflower Banana, 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.

