



# Chef Cyndi's Menu September - 2017





*Monday*

*Tuesday*

*Wednesday*

*Thursday*

*Friday*

		<b><i>Family Spaghetti Dinner Nights</i></b> See September Newsletter (online) for dates and more details!			<b>1</b> <b>CLOSED</b> Staff Development Day Montessori Schools of Irvine
<b>4</b>  <b>Labor Day Holiday</b>  <b>NO SCHOOL</b>	<b>5</b> Tomato Soup Gorilla Cheese Sandwiches Fresh Fruit/Milk  <b>Mixed Fruit/Gr.Crackers</b>	 <b>6</b> Taco Salad w/ chicken Corn Chips Fresh Fruit/Milk  <b>String Cheese &amp; Apples</b>	<b>7</b> Green Beans Chicken Legs Mashed Potatoes Fresh Fruit / Milk <b>Goldfish &amp; Sliced Cheese</b>	<b>8</b> Cole Slaw Beans & Franks (turkey) Corn Bread Muffins Fresh Fruit/Milk <b>Strawberries &amp; Waffles</b>	
<b>11</b> Sliced Tomato & Cucumber Cheese Sandwiches Sweet Potato Chips Fresh Fruit/Milk <b>Man.Oranges/Gram.Crackers</b>	<b>12</b> Pasta Salad w/ veggies Turkey Sandwiches Fresh Fruit/Milk  <b>Flat Bread &amp; Hummus</b>	<b>13</b> Red Potato Salad Chicken Salad Sandwiches Fresh Fruit/Milk  <b>Apples &amp; String Cheese</b>	<b>14</b> Zucchini Sticks Ham & Cheese Wrap Baked Lays Fresh Fruit/Milk <b>Ritz &amp; Cream Cheese</b>	<b>15 "Hispanic Heritage Month"</b> Sweet Corn Mexican Beef Bowl Spanish Rice Fresh Fruit/Milk <b>Yogurt &amp; Granola</b>	
<b>18 "Hispanic Heritage Month"</b>  Tossed Green Salad Bean & Cheese Burritos Fresh Fruit/Milk <b>Edamame &amp; Pita Chips</b>	<b>19</b> Steamed Broccoli Chicken & Waffles Fresh Fruit/Milk  <b>Snack Mix/Cranberries</b>	<b>20</b> Cooked Carrots Turkey Tetrizzini Hawaiian Rolls Fresh Fruit/Milk <b>Am.Cheese, Turkey,Crackers</b>	<b>21</b> Mixed Veggies Untidy Joe's on a bun Fresh Fruit/Milk  <b>Cucumbers &amp; Triscuits</b>	<b>22</b> Tossed Salad Pepperoni Pizza Fresh Fruit/Milk  <b>Bananas &amp; Corn Flakes</b>	
<b>25</b> Mixed Veggies Macaroni & Cheese Cass. Fresh Fruit/Milk  <b>Pineapple, Man.Oranges/ Granola Mix</b>	<b>26</b> Sweet Corn Chicken Taquitos Refried Beans Fresh Fruit/Milk <b>Apple Cereal Bars/Milk</b>	<b>27</b> California Blend Veggies Pepper Steak Brown Rice Fresh Fruit / Milk <b>SoyNut Butter &amp; Crackers</b>	<b>28</b> Chicken Noodle Soup w/ veggies Saltine Crackers Fresh Fruit/Milk <b>Watermelon &amp; Crispix</b>	<b>29</b> Cucumber Sticks Turkey Pastrami Sandwiches BBQ Pop Chips Fresh Fruit/Milk <b>Blueberry Muffins &amp; Milk</b>	