



Chef Cyndi's Menu September - 2018





Monday

Tuesday

Wednesday

Thursday

Friday

	<p align="center"><i>Montessori Family Spaghetti Dinner Nights</i></p> <p align="center">See September Newsletter (online) for dates and more details!</p>			<p align="center">August 31 CLOSED Staff Development Day Montessori Schools of Irvine</p>
<p align="center">3</p> <p align="center"></p> <p align="center">Labor Day Holiday</p> <p align="center">NO SCHOOL</p>	<p>4 Tomato Soup Gorilla Cheese Sandwiches Fresh Fruit/Milk</p> <p>Yogurt & Gram. Crackers</p>	<p>5 Cooked Carrots Beef Stroganoff Potato Rolls Fresh Fruit/Milk</p> <p>String Cheese & Apples</p>	<p>6 Green Beans Chicken Legs Mashed Potatoes Fresh Fruit / Milk</p> <p>Goldfish & Sliced Cheese</p>	<p>7 "Hispanic Heritage Month" Black Bean Tacos w/ All the fixings Spanish Rice Fresh Fruit/Milk Snap Peas & Flat Bread</p>
<p>10 Mixed Veggies Macaroni & Cheese Cass. Fresh Fruit/Milk</p> <p>Pineapple, Man.Oranges/ Granola</p>	<p>11 California Blend Veggies Pepper Steak Brown Rice Fresh Fruit / Milk</p> <p>Apple Cereal Bars/Milk</p>	<p>12 Chicken Noodle Soup w/ veggies Saltine Crackers Fresh Fruit/Milk</p> <p>Soy Butter & Crackers</p>	<p>13 Beans & Franks (turkey) Corn Bread Muffins Fresh Fruit/Milk</p> <p>Watermelon & Crispix</p>	<p>14 Roasted Carrots & Potatoes Pot Roast (beef) Hawaiian Rolls Fresh Fruit/Milk Soft Pretzels & Cr.Cheese</p>
<p>17 "Hispanic Heritage Month" Tossed Green Salad Bean & Cheese Burritos Fresh Fruit/Milk</p> <p>Edamame & Pita Chips</p>	<p>18 Steamed Broccoli Chicken & Waffles Fresh Fruit/Milk</p> <p>Snack Mix/Cranberries</p>	<p>19 Cooked Carrots Turkey Tetrizzini Hawaiian Rolls Fresh Fruit/Milk</p> <p>Am.Cheese, Turkey,Crackers</p>	<p>20 Mixed Veggies Untidy Joe's (beef) on a bun Fresh Fruit/Milk</p> <p>Mixed Veggie Stix/Triscuits</p>	<p>21 Tossed Salad Pepperoni Pizza Fresh Fruit/Milk</p> <p>Bananas & Corn Flakes</p>
<p>24 Sliced Cucumber Cheese Sandwiches Sun Chips Fresh Fruit/Milk</p> <p>Man.Oranges/Gram.Crackers</p>	<p>25 Carrot Sticks Macaroni Salad Turkey Pastrami on a pretzel roll Fresh Fruit/Milk</p> <p>Flat Bread & Hummus</p>	<p>26 Pasta w/ veggies Chicken Salad Sandwiches Fresh Fruit/Milk</p> <p>Apples & String Cheese</p>	<p>27 Red Potato Salad Veggie Wrap Baked Lays Fresh Fruit/Milk</p> <p>Ritz & Cream Cheese</p>	<p>28 "Hispanic Heritage Month" Sweet Corn Mexican Beef Bowl Spanish Rice Fresh Fruit/Milk Yogurt, Granola, Strawber- ries</p>