

TELEOS LUNCH SEPTEMBER



Sept 1st-3rd L	Monday	Tuesday	Wednesday	Thursday	Friday
CLASSICS			Corn Dogs	Ground Beef Taco's	Turkey Club
VEGETABLES			Corn on the Cob	Spanish Rice	Yellow Squash
SIDES			Crinkle Cut Fries	Black Beans	Tater Tots
FRUIT			Pineapple Tidbits	Diced Honey Dew	Mandarin Oranges
DRINKS			Fat Free Choc or 1% Strawberry	Fat Free Choc or 1% Strawberry	Fat Free Choc or 1% Strawberry
Sept 6th-10th Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
CLASSICS	Fish Sandwich	Chicken Alfredo	Italian Grinder w/ Peppers and Onions	3 Cheese Lasagna	Tuna Salad Sandwich
VEGETABLES	Garden Salad	Broccoli & Cauliflower	California Blend Vegetables	Green Beans	Zucchini & Yellow Squash
SIDES	Crinkle Cut Fries	Cheesy Garlic Bread	Cubed Potatoes	Garlic Bread	Crinkle Cut Fries
FRUIT	Applesauce	Green Apples	Fruit Cocktail	Red Apples	Pineapple Tidbits
DRINKS	Fat Free Choc or 1% Strawberry	Fat Free Choc or 1% Strawberry	Fat Free Choc or 1% Strawberry	Fat Free Choc or 1% Strawberry	Fat Free Choc or 1% Strawberry
Sept 13th-17th L	Monday	Tuesday	Wednesday	Thursday	Friday
CLASSICS	Ham & Chicken Jambalaya	Honey Dijon Chicken Sandwich	Pepperoni Pizza	Beefaroni Penne Pasta	Sloppy Joe's
VEGETABLES	Sweet Corn	California Blend Vegetables	Garden Salad	Vegetable Medley	Pasta Salad
SIDES	Cubed Potatoes	Tater Tots	Crinkle Cut Fries	Cubed Potatoes & Garlic Bread	Crinkle Cut Fries
FRUIT	Diced Honey Dew & Cantaloupe	Mandarin Oranges	Red Apples	Bartlett Pears	Diced Watermelon
DRINKS	Fat Free Choc or 1% Strawberry	Fat Free Choc or 1% Strawberry	Fat Free Choc or 1% Strawberry	Fat Free Choc or 1% Strawberry	Fat Free Choc or 1% Strawberry
Sept 20th-24th L	Monday	Tuesday	Wednesday	Thursday	Friday
CLASSICS	Peppered Steak & Rice	Beef Stroganoff	Turkey Sub	Teriyaki Chicken Rice	Oven Fried Chicken Breast w/ Cornbread
VEGETABLES	Stir Fry Vegetables	Green Beans	Sweet Corn and Peas	Candied Carrots	Cabbage
SIDES	Cubed Potatoes	Crinkle Cut Fries	Baked Beans	Cubed Potatoes	Rice Pilaf
FRUIT	Peach Slices	Bananas	Pineapple Rings	Red Apples	Diced Peaches
DRINKS	Fat Free Choc or 1% Strawberry	Fat Free Choc or 1% Strawberry	Fat Free Choc or 1% Strawberry	Fat Free Choc or 1% Strawberry	Fat Free Choc or 1% Strawberry
Sept 27th-Oct 1st L	Monday	Tuesday	Wednesday	Thursday	Friday
CLASSICS	Grilled Chicken & Wheat Toast	Spaghetti w/ Meatballs	Chicken Alfredo Pizza	Cheese Burgers	Chicken Enchiladas
VEGETABLES	California Blend Vegetables	Green Beans	Stir Fry Vegetables	Sweet Corn & Sweet Peas	Spanish Rice
SIDES	Garlic Mash	Garlic Bread	Cubed Potatoes	Crinkle Cut Fried	Refried Beans
FRUIT	Fresh Fruit Cocktail	Pineapple Tidbits	Diced Honey Dew	Fruit Cocktail	Green Apples
DRINKS	Fat Free Choc or 1% Strawberry	Fat Free Choc or 1% Strawberry	Fat Free Choc or 1% Strawberry	Fat Free Choc or 1% Strawberry	Fat Free Choc or 1% Strawberry

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