

## September Menu

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
1 NO SCHOOL!!!	2 Chicken Quesadilla w/sour cream and salsa Fresh fruit 2% or chocolate milk	3 Breakfast for lunch Wednesday Fresh fruit 2% or chocolate milk	4 Chef's sloppy Joe w/ French fries Fresh fruit 2% or chocolate milk	5 Chef's choice Friday Fresh fruit 2% or chocolate milk
8 Shepherd's pie Fresh fruit Fresh baked cookies 2% or chocolate milk	9 Cheese pizza Fresh fruit Fudge brownie 2% or chocolate milk	10 Breakfast for lunch Wednesday Fresh fruit 2% or chocolate milk	11 Chicken alfredo w/ penne pasta Fresh fruit 2% or chocolate	12 Chef's choice Friday Fresh fruit 2% or chocolate milk
15 Sweet and sour chicken Vegetable lo mein Fresh fruit 2% or chocolate milk	16 Meat lasagna Garlic bread Fresh fruit 2% or chocolate milk	17 Breakfast for lunch Wednesday Fresh fruit 2% or chocolate milk	18 Chicken and sausage jambalaya over rice Fresh baked cookies 2% or chocolate milk	19 Chef's choice Friday Fresh fruit 2% or chocolate milk
22 Pepperoni pizza Fresh fruit Fudge brownie 2% or chocolate milk	23 Chili dog French fries Fresh fruit 2% or chocolate milk	24 Breakfast for lunch Wednesday Fresh fruit 2% or chocolate milk	25 Pulled BBQ pork sandwich Macaroni salad Fresh fruit 2% or chocolate milk	26 Chefs choice Friday Fresh fruit 2% or chocolate milk
29 Spaghetti w/ meat sauce Garlic bread Fresh fruit 2% or chocolate milk	30 Grilled chicken sandwich w/ cheese Pasta salad Fresh fruit 2% or chocolate milk			

### Chef Ray's recipe of the month: Vegetable Lo mein

**You will need:** 1lb. linguine, 1 cup soy sauce, ¼ cup shredded carrots, ¼ cup diced snow peas, 1 crown fresh broccoli (steamed), ½ cup celery cut on a bias, 1 tablespoon fresh minced ginger, ¼ cup Kikkoman teriyaki sauce. **Method:** boil pasta in water with soy sauce. Drain and set aside. Sauté veggies in 2 tablespoons canola oil until desired tenderness. Toss warm pasta and veggies with ginger and teriyaki glaze. Serve with marinated grilled chicken or steak. Enjoy!