

Learning Prep School Lunch Menu

August/September

Monday	Tuesday	Wednesday	Thursday	Friday
28 Sliced Turkey on Whole Wheat Corn Potato Wedges Apple	29 Taco Tuesday! Chicken in a Soft Shell with Cheddar, Salsa, Corn Pineapple Rice	30 Pasta with Meat or Marinara Sauce Broccoli Mixed Fruit	31 Cheese or Specialty Pizza Carrot Sticks Vinaigrette Juice	1 No School
Alternate Lunch: Toasted Cheese Sandwich with sides or Hummus Wrap/ GFO Plate with Carrots and sides				
Breakfast of the Week: Cheerios GF , Rice Krispies GF or Toasted Bagel with Cream Cheese or Hummus, Fruit, Milk				
4 Labor Day No School	5 Taco Tuesday! Seasoned Ground Beef in a Soft Shell with Cheddar, Pineapple Rice	6 Macaroni & Three Cheese Sauce Broccoli Fruit Du Jour	7 Chicken Salad Wrap Roasted Sweet Potatoes Green Beans Fruit of the Day	8 Cheese or Specialty Pizza Whole Wheat Crust Carrot Sticks Vinaigrette Juice
Alternate Lunch: Toasted Cheese Sandwich with sides or Hummus Wrap/ GFO Plate with Carrots and sides				
Breakfast of the Week: Cheerios GF , Rice Krispies GF or Toasted Bagel with Cream Cheese or Hummus, Fruit, Milk				
11 Hamburger or Cheeseburger Whole Wheat Roll Potato Puffs Ketchup, Mustard, Relish Apple	12 Pork Carnitas Brown Rice Peppers & Onions Baked Beans Pineapple	13 Marinara Sauce Broccoli Mixed Fruit	14 Breakfast for Lunch Bacon, Egg & Cheese on a Whole Wheat English Muffin Hash Browned Potatoes Ketchup/Mixed Fruit	15 Cheese or Specialty Pizza Whole Wheat Crust Carrot Sticks Vinaigrette Juice
Alternate Lunch: Toasted Cheese Sandwich with sides or Hummus Wrap/ GFO Plate with Carrots and sides				
Breakfast of the Week: Cheerios GF , Rice Krispies GF or Toasted Bagel with Cream Cheese or Hummus, Fruit, Milk				
18 Toasted Ham and Cheese on Whole Wheat Green Beans Fruit Du Jour	19 Chicken and Cheese Quesadillas Black Bean Salsa Peas Apple	20 Macaroni & Three Cheese Sauce Broccoli Fruit Du Jour	21 no school	22 Cheese or Specialty Pizza Whole Wheat Crust Carrot Sticks Vinaigrette Juice
Alternate Lunch: Toasted Cheese Sandwich with sides or Hummus Wrap/ GFO Plate with Carrots and sides				
Breakfast of the Week: Cheerios GF , Rice Krispies GF or Toasted Bagel with Cream Cheese or Hummus, Fruit, Milk				
25 Chicken Tenders Homemade wheat roll Carrots fruit	26 Taco Tuesday! Seasoned Ground Beef in a Soft Shell with Cheddar, Salsa, Corn Pineapple Rice Pineapple	27 Lasagna!!! Layers of Pasta with Beef, Marinara, Ricotta, Garlic and Mozzarella Broccoli Mixed Fruit	28 Sliced Turkey with gravy Mashed Sweet Potatoes green beans fruit	29 Cheese or Specialty Pizza Whole Wheat Crust Carrot Sticks Vinaigrette Juice
Alternate Lunch: Toasted Cheese Sandwich with sides or Hummus Wrap/ GFO Plate with Carrots and sides				
Breakfast of the Week: Cheerios GF , Rice Krispies GF or Toasted Bagel with Cream Cheese or Hummus, Fruit, Milk				

Prices: Student Lunch: \$3.25, Staff Lunch: \$3.50, Student Breakfast: \$1.25, Staff Breakfast: \$1.50, milk: \$1.00
 All meals served with 1%, white skim, or chocolate skim milk. Menu subject to change. Please order veggie burger directly with the kitchen.
GF: menu item is prepared gluten free. **GFO**: gluten free option served with rice and alternate sides as listed.