



St. Paul's Episcopal School

Lunch Menu

September 2022

Fresh Fruit & Milk Offered Daily

Salad Bar Available Daily



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	5 Labor Day	6 Teriyaki Chicken Veggie Fried Rice Stir Fry Vegetables	7 Brunch Scrambled Eggs Waffles Bacon Honey Glazed Carrots	8 Chicken Quesadilla Salsa, Sour Cream, Lettuce, Tomato Yellow Rice Black Beans	9 Homemade Pizza Bagels Tater Tots
WEEK 2	12 Red Beans & Rice Sausage Roasted Cauliflower Cornbread	13 BBQ Chicken Tenders Mac & Cheese Roasted Broccoli	14 Cheeseburger French Fries Roasted Brussel Sprouts	15 Chicken Roll Ups Mixed Roasted Vegetables Salsa, Sour Cream	16 Cheese Pizza Pepperoni Pizza Side Salad
WEEK 3	19 Meatballs & Spaghetti Smothered Green Beans Garlic Bread	20 Chicken Strips Mashed Potatoes w/ Gravy Roasted Broccoli	21 BBQ Pork on Bun French Fries	22 Chicken Rice & Gravy Green Peas Bread Roll	23 Pizza Quesadilla Buttered Corn
WEEK 4	26 Red Beans & Rice Sausage Roasted Cauliflower Cornbread	27 Chicken Nuggets Mac & Cheese Carrots	28 Grilled Cheese Tomato Basil Soup	29 Chicken Alfredo Sauteed Spinach Garlic Bread	30 Cheese Pizza Pepperoni Pizza Roasted Brussel Sprouts

Many ingredients are produced in a plant that processes wheat, soy, milk, eggs, shellfish, fish, tree nuts, and peanuts. Even though a recipe may be free of said allergens, we cannot absolutely guarantee that there are no other major allergens present.

*Pigeon Catering is an equal opportunity provider.

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