



 Bell Peppers by Lucy Durand



August Harvest  
Bell Peppers by  
Lucy Durand

"My favorite item on the salad bar is yogurt, because it tastes great!"

"I stay healthy by exercising and eating vegetables."

"If I were a farmer, I would grow asparagus because I really love the taste!"

# September



This symbol will represent the harvest of the month. This month's harvest is bell peppers.



All meals come with salad bar, veggie, fruit sides and cold milk.

We will be practicing Meatless Mondays. Meats are whole-muscle and local when available.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Labor Day NO SCHOOL	4 Chicken Fingers	5  Chicken Fajita Bar	6 Beef Stew	7 All Meat Mini-Corndogs	8
9	10 Veggie Pinwheels	11  Beef Tacos Crunch or Soft Shell Bar (Foxhollow Farms)	12  Pasta with Chicken and Harvest Vegetables	13 Pulled Pork Sliders <a href="http://www.thelunchbox.org/recipes-menus/recipes/FS039">http://www.thelunchbox.org/recipes-menus/recipes/FS039</a>	14 Papa Johns	15
16	17 Spaghetti Marinara <a href="http://www.thelunchbox.org/recipes-menus/recipes/SD010">http://www.thelunchbox.org/recipes-menus/recipes/SD010</a>	18 Enchilada Bar	19  Chicken Stirfry with Rice <a href="http://www.projectbread.org/reusable-components/accordions/download-files/school-food-cookbook.pdf">http://www.projectbread.org/reusable-components/accordions/download-files/school-food-cookbook.pdf</a>	20 French Toast Casserole <a href="http://www.thelunchbox.org/recipes-menus/recipes/FS021?tab=4">http://www.thelunchbox.org/recipes-menus/recipes/FS021?tab=4</a>	21 Turkey and Noodles	22
23/30	24 Grilled Cheese and Tomato Soup	25  Chili	26  Baked Potato Bar	27 Chicken Pot Pie	28 Papa Johns	29