

SEPTEMBER 2019 LUNCH MENU

2 NO SCHOOL (LABOR DAY)	3 Baked Whole Grain Spaghetti w/ Beef & Cheese Oranges Corn Milk	4 Chicken & Rice Casserole Peas Apples Milk	5 Greek Yogurt w/ Fruit Raw Vegetables Whole Grain Bread Milk (Vegetarian)	6 Cottage Cheese Whole Grain Bread Oranges Raw Vegetables Milk (Vegetarian)
9 Mexican Rice & Beans Oranges Carrots Milk (Vegetarian)	10 Broccoli Turkey Burgers Whole Grain bread Watermelon Milk	11 Hot Chicken Salad Apples Corn Milk	12 Greek Yogurt w/ Fruit Raw Vegetables Whole Grain Bread Milk (Vegetarian)	13 Meat Sandwiches Green Beans Apples Milk
16 Vegetarian Chili Brown Rice Apples Milk (Vegetarian)	17 Tater Tot Casserole Pineapple Bread Milk	18 Sweet Potato, Carrot, and Ginger Curry Soup & Quinoa Oranges Cheese & Sausage Milk	19 Whole Oats w/ Fruit Scrambled Eggs Roasted Vegetables Milk (Vegetarian)	20 Cottage Cheese Whole Grain Bread Oranges Raw Vegetables Milk (Vegetarian)
23 Mediterranean Tuna Salad Oranges Whole Grain Bread Milk	24 Veggie Burgers Whole Grain Bun Oranges Peas Milk (Vegetarian)	25 Creamy Chicken Soup (With Vegetables) Brown Rice Apples Milk	26 Greek Yogurt w/ Fruit Raw Vegetables Whole Grain Bread Milk (Vegetarian)	27 Pizza Pineapple Cucumber Slices Whole Grain Bread Milk
30 Black Bean & Corn Tacos Apples Whole Grain Bread Milk (Vegetarian)				

Dubuque Montessori School is an equal opportunity provider. Substitutions will be made based on availability.