

September

2023

LEADKING LOOP MONTH – MEALS to FUEL our MINDS and BODIES

LUNCH MENU

The Small School With A Big Heart!

For our Friday Outdoor Adventure Days we will be offering students two options for bagged lunch. Students will select their choice the day before. Bagged lunches will include sandwich/wrap and side such as carrots, fruit, trail mix, etc.

Daily lunch meals are made from scratch with a focus on seasonal vegetables, local and organic ingredients.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3	4 LABOR DAY NO SCHOOL	5 Chicken Tortilla Soup	6 O/E	7 O/E	8 O/E	9
10	11 Vegetable Minestrone Bread	12 Ropa Vieja Beans and Rice Plantains	13 Salad Bar Orzo Salad	14 Roasted Vegetables Couscous	15 Caprese or Ham/Cheese Sandwich	16
17	18 Pizza Day Garden Salad Bread	19 Taco Casserole Fresh Guacamole	20 Pork and Veggie Gypsy Stew Biscuits	21 Chicken Noodle Casserole Fruit	22 Veggie Hummus Wrap or Turkey Wrap	23
24	25 Swamp Soup (veggie, kielbasa) Corn Muffins	26 Veggie and Chicken Quesadillas	27 Salad Bar	28 Pulled Pork Slider Slaw Fruit	29 Cucumber/Avocado or Turkey/Cheese Sandwich	30

