SCHOOLHOUSE GRILL
School Meal Specialist

Sparkles! Crystal City - Lunch

September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	**3**	**4**	**5**	**6**
Labor Day Holiday School Closed	Creamy Mac & Cheese ½ c Cooked Sweet Baby Peas ¼ c Veggie: Mac & Cheese Fresh or Chilled Fruit	Hawaiian Turkey Meatballs 3 ea over Enriched Grain Rice ¼ c Fresh Baby Carrots ¼ c w/ Creamy Ranch Dressing Veggie: Veggie Balls over Rice Fresh or Chilled Fruit	Whole Grain Baked Chicken Fingers 3 ea Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing Veggie: Morningstar Nuggets Fresh or Chilled Fruit	Cheddar Cheese Quesadilla 1 ea Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip Veggie: Cheddar Cheese Quesadilla; Fresh or Chilled Fruit
9	**10**	**11**	**12**	**13**
Rainbow Tortellini Pasta Blend w/ Kale Pesto Sauce ½ c Five-Way Hot Mixed Vegetables ¼ c; Veggie: Rainbow Tortellini Pasta Blend w/ Kale Pesto Sauce; Fresh Fruit	Slow Roasted Turkey & Cheese Sub 1 ea Fresh Baby Carrots ¼ c w/ Creamy Ranch Dressing Veggie: Double Cheese Sub Fresh or Chilled Fruit	"Breakfast For Lunch" Buttermilk Pancakes 2 ea w/ Syrup Chicken Sausage Patty 1 ea Veggie: Morningstar Breakfast Patty; Fresh or Chilled Fruit	Whole Grain Baked Chicken Nuggets 4 ea Sweet Yellow Corn ¼ c Veggie: Morningstar Nuggets Fresh or Chilled Fruit	Cheesy Baked Ziti ½ c Fresh Green Beans ¼ c Veggie: Cheesy Baked Ziti Fresh or Chilled Fruit
16	**17**	**18**	**19**	**20**
Mini Turkey Corn Dog Nuggets 4 ea California Mixed Vegetables ¼ c Veggie: Morningstar Nuggets Fresh or Chilled Fruit	Chicken Fajita Rice Bowl (Chicken Fajita 2 oz over Rice ¼ c w/ Cheddar Cheese); Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip; Veggie: Bean Rice Bowl; Fresh or Chilled Fruit	Italian Turkey Meatball 3 ea Sub Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing Veggie: Italian Veggie Ball Sub Fresh or Chilled Fruit	Creamy Chicken Penne Alfredo ½ c Five-Way Hot Mixed Vegetables ¼ c Veggie: Penne Alfredo Fresh or Chilled Fruit	Northwestern Pollock Fish Bites 3 ea Cooked Carrot Coins ¼ c Veggie: Morningstar Nuggets Fresh or Chilled Fruit
23	**24**	**25**	**26**	**27**
Italian Spaghetti w/ Bolognese (Chicken) Sauce ½ c Sweet Yellow Corn ¼ c Veggie: Italian Spaghetti w/ Marinara Fresh or Chilled Fruit	Home-Style Turkey Meatballs 3 ea over Rice ¼ c Fresh Baby Carrots ¼ c w/ Creamy Ranch Dressing Veggie: Veggie Balls over Rice Fresh or Chilled Fruit	"Breakfast For Lunch" French Toast Sticks 3 ea w/ Syrup Chicken Sausage Patty 1 ea Veggie: Veggie Breakfast Patty Fresh or Chilled Fruit	Four Cheese Ravioli w/ Marinara Sauce ½ c Fresh Green Beans ¼ c Veggie: Four Cheese Ravioli Fresh or Chilled Fruit	Creamy Mac & Cheese ½ c California Mixed Vegetables ¼ c Veggie: Mac & Cheese Fresh or Chilled Fruit
30				
Whole Grain Breaded Chicken Patty on Bun 1 ea Five-Way Mixed Vegetables ¼ c Veggie: Morningstar Chik Patty on Bun Fresh or Chilled Fruit	THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS	All lunches served with age appropriate milk, either 1% or whole milk.	Fresh Fruits Used Daily - Chilled Fruits used on days Produce is not Ripened	Fresh or Chilled Fruit: Cantaloupe, Watermelon, Apple, Banana, Orange Wedges