

# Elementary

# September Menu

## Caterpillar's Tomato Feast

### INGREDIENTS:

- Celery
- 5 cherry tomatoes
- 1 tbsp. low fat cream cheese
- 15 raisins

### PREPARATION:

Cut the top off of one tomato. Scoop out the center with a small spoon. Fill the tomato with shredded celery for the hair. Attach the remaining four tomatoes with cream cheese to make the caterpillar's body. Use raisins for feet and face.



Monday	Tuesday	Wednesday	Thursday	Friday
2 <i>Enjoy Your Day Off!</i>	3 Nachos Spanish Rice Shredded Lettuce w/ Tomatoes Refried Beans Homemade Salsa Tropical Fruit	4 Spagazza with Garlic Toast or Pizza Green Beans Italian Salad Fruit Cup	5 Baked Chicken or Smothered Steak Hot Roll Roasted Potatoes Steamed Baby Carrots Fruit Cup	6 Crispy Chicken Salad or Chicken Smackers with Mashed Potatoes Bread Sticks Seasoned Vegetables Strawberries & Cream
9 Chicken Strip Sandwich or Cheese Burger Basket Lettuce & Pickles Sliced Tomatoes Choice of Fresh Fruit	10 Quesadillas or Burrito Lettuce & Tomato Homemade Salsa Pinto Beans Spanish Rice Fruit Salad	11 Meatball Subs with Baked Chips or Pizza Fresh Cucumber and Tomato Salad Seasoned Vegetables Mixed Fruit	12 Chicken and Waffles Roasted Corn Iron Man Salad Fruit Cup	13 Asian Bowl or PB&J Oriental Vegetables Steamed Baby Carrots Tropical Pineapple
16 Chopped BBQ on Bun or Chicken Sandwich Basket Lettuce, Pickles, Tomatoes, & Onions Choice of Fresh Fruit	17 Taco Tuesday!! Tacos Spanish Rice Shredded Lettuce, & Tomato Refried Beans Homemade Salsa Spanish Rice Fruit	18 Chicken Alfredo with Bread Stick or Pizza Italian Salad Green Beans Peach Cup	19 Steak Fingers or Boneless Wings Hot Roll Mashed Potatoes Steamed Vegetables Banana Sundaes	20 Chili Cheese Tots or Chili Dog with Chips Baby Carrots and Ranch Dressing Seasoned Vegetables Fruit Cup
23 Bacon BBQ Burger or Chicken Sandwich Basket Lettuce, Pickles, & Tomatoes Choice of Fresh Fruit	24 Nachos Spanish Rice Shredded Lettuce with Tomatoes Pinto Beans Homemade Salsa Tropical Pineapple	25 Spaghetti with Meat Sauce and Garlic Stick or Pizza Seasoned Green Beans Garden Fresh Side Salad Fruit Cup	26 Hamburger Steak with Brown Gravy or Popcorn Chicken Hot Roll Mashed Potatoes Grilled Fresh Squash Strawberries & Cream	27 Chicken Wraps or PB&J Fresh Vegetables Dippers Seasoned Corn Choice of Chips Fruit Salad

Every lunch also includes of Milk.



Monday	Tuesday	Wednesday	Thursday	Friday
Biscuits & Gravy or Pancake with Fruit Topping & Whipped Cream	Scrambled Eggs with Bacon and Toast or Ham & Cheese Croissant	Honey Bun w/ Sausage Link or Muffin & Yogurt	Pancake Wrap or Chicken Biscuits	Breakfast Pizza or Pig in a Blanket

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

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