



THE MEADOWBROOK SCHOOL

~ September 2018 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Labor Day- No School	4 No School	5 Caesar salad Cheese ravioli Watermelon	6 Turkey tacos on whole wheat shells with all the fixings Mexicali corn Rice pudding Fresh fruit of the season	7 Homemade chicken tenders Sweet potato wedges Raw veggies Fresh grapes	8
9	10 Caesar salad Baked ziti with ricotta cheese With whole wheat pasta Fresh apple slices	11 Baked herbed chicken legs Brown rice Glazed carrots Orange slices	12 Beef meatloaf Mashed potatoes Broccoli Fresh melon	13 Picture Day Raw veggies Whole wheat wrap with turkey, lettuce, tomato, cheddar cheese Fresh grapes	14 Waffles topped with sautéed apples Turkey sausage Vanilla yogurt with nut-free granola and berries	15
16	17 Green salad Linguini with Asian vegetables and chicken Mandarin oranges	18 Build-your-own chicken burrito on a whole wheat tortilla Sautéed corn & peppers Chocolate pudding Peach halves	19 Cheese pizza Broccoli Blueberry yogurt Bananas	20 Cheese lasagna made with homemade sauce House salad Apples slices with cinnamon	21 Homemade beef cheeseburger sliders Lettuce and tomato slices French fries Pineapple rings	22
23 <hr/> 30	24 Baked potato Homemade veggie beef soup Pineapple rings Rice pudding	25 Turkey tacos on whole wheat shells with all the fixings Sautéed corn Strawberry yogurt Pear halves	26 Tossed salad Pasta with homemade beef meatballs and marinara sauce Peach halves	27 Homemade chicken tenders Sweet potato wedges Green beans Fresh fruit	28 Chicken cheese steak on whole wheat roll Raw peppers and carrots with Ranch Dressing Pineapple rings	29