

SEPTEMBRE

LA CANTINE | LUNCH MENU

Menu subject to change without notice











LUNDI MONDAY

MARDI TUESDAY

MERCREDI WEDNESDAY

JEUDI THURSDAY

VENDREDI FRIDAY

<p>NOTES:</p> <p>D dairy G gluten P pork B beef</p> <p>Always a vegetarian option to replace protein in each meal</p>			<p>1</p> <p>Moroccan Chicken Stew Couscous G Roasted Carrots Crispy Chickpeas</p>	<p>2</p> <p>Crispy teriyaki Tofu Lo Mein noodles G Bok choy medley</p>
<p>5</p> <p><i>Labor Day No School!</i></p>	<p>6</p> <p>Pasta carbonara with bacon G P Peas Zucchini Cannoli G D</p> 	<p>7</p> <p>Sliders (beef or veggie burger) G Thick cut fries Cheddar cheese, Lettuce, tomato, homemade pickles</p>	<p>8</p> <p>Sweet and sour kumquat chicken Rice Edamame Bell peppers</p> 	<p>9</p> <p>Pork Loin/ribs Potato salad Watermelon tomato salad</p>
<p>12</p> <p>Buffalo Cauliflower G Greek yogurt ranch D Cucumbers, carrots, celery</p>	<p>13</p> <p>Taco Tuesday! Shredded chicken Black beans Brown rice Salsa, lettuce, cheese D</p>	<p>14</p> <p>Chicken fingers G Sweet potato Peas Chocolate cake G</p>	<p>15</p> <p>Gyro meatballs B Basmati rice Hummus Pita chips G Greek Salad</p>	<p>16</p> <p> Focaccia pizza G D Crispy Pepperoni P Green salad Zucchini bread G</p>
<p>19</p> <p>Red beans Brown rice Green beans Cornbread G</p>	<p>20</p> <p>Spaghetti and meatballs G Garlic bread G Zucchini Cookie cake G, D</p> 	<p>21</p> <p>Croissant au Jambon et fromage G P D Potato chips Carrot sticks Grapes</p>	<p>22</p> <p>Blackened chicken Brussels sprouts Sweet potato fries Apple cake G</p> 	<p>23</p> <p> Curry Chicken Basmati rice naan/papadams Spinach salad raita</p>
<p>26</p> <p>Jambalaya Chicken wings Green beans</p>	<p>27</p> <p>Taco Tuesday!!  Shredded chicken Black beans Brown rice Salsa, lettuce, cheese</p>	<p>28</p> <p>Chicken fingers G Sweet potato Peas Chocolate cake G</p>	<p>29</p> <p>BBQ chicken Onion rings Summer succotash Beet lemonade</p>	<p>30</p> <p> Oktoberfest Bratwurst sausage P Cabbage Cucumber salad Homemade pretzels G Apple sauce</p>