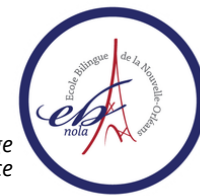


SEPTEMBER

LA CANTINE | LUNCH MENU



Menu subject to change
without notice

LUNDI MONDAY

MARDI TUESDAY

MERCREDI WEDNESDAY

JEUDI THURSDAY

VENDREDI FRIDAY

	1  Taco Tuesday! Shredded chicken Black beans Brown rice Salsa, cabbage, cheese D	2 Croissant E au Jambon et fromage G P D Potato chips Carrot sticks Grapes	3 Jerk chicken Pinto beans/slaw Coconut rice Plantains	4 ITS HOT! BBQ chicken Macaroni salad G Cucumber salad Frozen watermelon slush
7  LABOR DAY! NO SCHOOL	8 Pasta carbonara with bacon G P Peas Zucchini Cannoli G D	9 Chicken fingers D G Sweet potato Peas Chocolate cake D G E	10 Herb roasted Chicken Haricot Verts Roasted Yukon Gold Potato Lemon Cake G E	11 Lemongrass chicken noodle bowl Rice Noodles Egg rolls Cucumbers Pickled carrots, daikon, herbs
14 <i>Hispanic Heritage Week!</i>  Nachos Chorizo Queso D Salsa, guacamole Sour cream D	15  Street Tacos! Pork carnitas Black beans Yellow rice Cotija cheese D Radish, cilantro, onions	16   Barbacoa beef with Chimichurri Yucca fries Spinach Flan D E	17  Chicken & cheese Quesadilla G D or Cheese Quesadilla D Shredded lettuce Salsa, Sour Cream D	18  <i>Hispanic Heritage Week!</i>  Chicken mole Fiesta rice Refried beans Churros E
21 Steamed dumplings G Stir fry Rice Edamame Cucumbers	22 Pasta Bolognese G Broccoli Caesar salad Strawberries, whip cream D Lady fingers G E	23 Sliders G E Thick cut fries Lettuce, cheddar cheese D Tomato, homemade pickles	24 Tortellini E D G Tomato sauce Cauliflower Garlic bread G	25 Chicken curry Basmati rice Spinach Yogurt sauce D
28 Jambalaya P Chicken wings Green beans	29 Crispy Eggplant Rigatoni with sauce G Roasted butternut squash Spinach salad	30 Croissant E au Jambon et fromage G P D Potato chips Carrot sticks Grapes	NOTES: D dairy E egg G gluten P pork B beef Always a vegetarian option to replace protein in each meal	