

September

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day	3 Nido and YCC Bean and cheese burritos fruit and vegetable milk V	4 Cheese Pizza Fruit and Vegetable milk (Gluten Free Available) V	5 Pesto Pasta Fruit and Vegetable Milk V EF	6 Corn chowder Fruit and slipper bread Milk V EF GF
9 V EF Cheese Pizza Fruit and Vegetable Milk Gluten Free Available	10 TACO TUESDAY! chicken fajitas with peppers and onions Flour tortillas (fixings: sour cream, cheese, salsa) Vegetable and Fruit, Milk EF *Vegetarian Available	11 Cream cheese and cucumber fococcia sandwiches Vegetable, fruit and milk V EF	12 Baked pasta with ratatouille and mozzarella fruit and vegetable milk V EF	13 Potato Leek Soup Fruit and Bread Milk V EF
16 V EF Cheese Pizza Fruit and Vegetable Milk Gluten Free Available	17 TACO TUESDAY! Enchiladas Verdes with Chicken and fixings Fruit and Vegetable Milk GF EF	18 Potato, cheddar and ham savory tart and Vegetable Milk	19 Veggie stir fried rice (no peas) fruit and milk EF DF GF V	20 Minestrone soup with white beans fruit and vegetable bread EF DF GF V
23 V EF Cheese Pizza Fruit and Vegetable Milk Gluten Free Available	24 TACO TUESDAY! Fall veggie and bean burrito bowls with fixings V EF GF	25 Steel cut oatmeal with yoqurt and granola fresh berries and vegetable milk V EF GF	26 Chicken and veggie coconut curry with rice fruit and vegetable Milk GF EF	27 Beef and Bean Chili Cornbread fruit and milk GF DF EF
30 V EF Cheese Pizza Fruit and Vegetable Milk Gluten Free Available	Local Vendors: Bubbie's Bagels Timothy's Conscious Compost Oryana Community Coop Second Spring Farm (veggies) Mi Farm COOP (veggies) Anavery Fine Foods (Meat and Eggs)	Dietary Key: EF - egg free DF - Dairy free V - Vegetarian GF - Gluten free		

September