

# SEPTEMBER

*Unlimited salad bar, skim milk, or 1% chocolate milk and fresh fruit offered daily // Gluten Free choices (available without the bun) designated with an \* // Menu subject to change*

**8** Centennial Chicken\* Street Tacos

Fireside Broccoli Cheese  
Stuffed Potato\* with Biscuit  
Mexican Rice\*

Fresh Tomato Pico De Gallo\*  

**9** Natural Hamburger\*

Green Chile and Cheese Tamale\*  
Local Corn on the Cob

**10** BBQ Pulled Pork\* Sandwich

Macaroni and Cheese

**11** Roasted Turkey,\* Biscuit and Gravy

Nederland Quinoa Patty\* with Biscuit  
Mashed Potatoes\* and Gravy

**14** Natural Pepperoni Pizza

Cheese Pizza  
Natural Meatball Sub

**15** Natural Hot Dog\*

Cheese/GF Cheese\* Quesadilla

**16** Natural Beef Nachos\* with Cheese Sauce

Bean Nachos\* with Cheese Sauce  
Mexican Rice\*

**17** Oven Fried Chicken with Biscuit

Toasted Cheese/ GF Cheese\* Sandwich  
Fresh Tomato

Cucumber Salad\*  

**18** Chicken Potstickers with Fried Rice  
Polenta and Roasted Veggies\*

**21** Cheese Pizza

Pesto Pizza with Fresh  Oregon Tomatoes

**22** Natural Hamburger\*

Crispy Teryaki Tofu and Rice Bowl\*  
Oven Baked Fries\*

**23** Spaghetti Marinara and Meatballs

Spaghetti Marinara

Fresh Tomato Cucumber Salad\*  

**24** Roasted Turkey,\* Biscuit and Gravy

Cheese Ravioli and Breadstick  
Mashed Potatoes\* and Gravy

**25** Chicken Burrito

Bean and Cheese Burrito  
Refried Beans\*

**28** Natural Pepperoni Pizza

Cheese Pizza  
Pulled Pork\* Sandwich

**29** Chicken Eggroll with Veggie Fried Rice

Toasted Cheese/  
GF Cheese\* Sandwich

**30** Natural Hot Dog\*

Falafel\* with Pita Bread  
BBQ Baked Beans\*

## FOOD FOR THOUGHT

Did you know that gardening makes you smarter? Studies show that increased physical activity gives your brain a boost!