

# What's on the menu?

## The Arthur School: SEPTEMBER 2022 Delivery Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
			<p><b>1</b> Sloppy Joes on Whole Grain Buns Yellow Squash Baked Broccoli w/ Cheese <b>Fresh Fruit</b></p>	<p><b>2</b> Oven Fried Chicken, Brown Rice and Gravy w/ Dinner Roll Green Peas Roasted Carrots Seasoned Green Beans <b>Fresh Fruit</b></p>
<p><b>5</b> <b>NO SCHOOL</b></p>	<p><b>6</b> Chicken Etouffee w/Brown Rice &amp; Garlic Bread Buffalo Cauliflower Seasoned Green Beans <b>Fresh Fruit</b></p>	<p><b>7</b> Cheeseburger on WG Buns Seasoned Squash Green Peas <b>Fresh Fruit</b></p>	<p><b>8</b> Chicken Sandwich on WG Bun Sweet Potato Fries Steamed Green Beans Baked Beans <b>Fresh Fruit</b></p>	<p><b>9</b> Turkey Meatloaf w/ Mashed Potatoes, Gravy &amp; 2 Dinner Rolls Roasted Carrots Seasoned Zucchini <b>Fresh Fruit</b></p>
<p><b>12</b> Sweet and Smoky Pork Loin or Chicken Thigh, Brown Rice and Gravy w/ Corn Bread Seasoned Mustard Greens Baked Beans <b>Fresh Fruit</b></p>	<p><b>13</b> Turkey Nachos &amp; Cheese Sweet Potato Tots Roasted Mixed Veggies <b>Fresh Fruit</b></p>	<p><b>14</b> <b>Herb Baked Chicken w/ Yellow Rice, WG Rolls</b> Seasoned Corn Green Beans <b>Fresh Fruit</b></p>	<p><b>15</b> Turkey Hot Dog on WG Bun &amp; Chili Sweet Potato Fries Mixed Vegetables <b>Fresh Fruit</b></p>	<p><b>16</b> Spaghetti &amp; Meatballs w/Garlic Bread Buttered Green Peas Roasted Squash <b>Fresh Fruit</b></p>
<p><b>19</b> White Beans &amp; Brown Rice w/ Corn Bread Collard Greens Steamed Baby Carrots <b>Fresh Fruit</b></p>	<p><b>20</b> Chicken Teryaki, Asian Brown Rice, Sesame Green Beans, Roasted Corn WG Dinner Roll <b>Fresh Fruit</b></p>	<p><b>21</b> Italian Meat Sauce and Spaghetti w/ Garlic Bread Seasoned Spinach Zucchini &amp; Squash <b>Fresh Fruit</b></p>	<p><b>22</b> <b>Pork Quedadillas</b> Sweet Potato Puffs Seasoned Green Beans <b>Fresh Fruit</b></p> <p><small>NATIONAL QUESADILLA DAY</small></p> 	<p><b>23</b> Oven Fried Fish, Brown Rice, Garlic Bread Seasoned Corn Roasted Carrot Fries Baked Beans <b>Fresh Fruit</b></p>
<p><b>26</b> Red Beans &amp; Rice w/ Sausage and Corn Bread Seasoned Green Beans Roasted Yellow Squash <b>Fresh Fruit</b></p>	<p><b>27</b> Crunchy Turkey Tacos w/ Cheddar, seasoned Pinto Beans Mexican Street Corn, Fiesta Rice <b>Fresh Fruit</b></p>	<p><b>28</b> Chicken Parmesan Sandwich on WG Bun Roasted Cauliflower Seasoned Mixed Veggies <b>Fresh Fruit</b></p>	<p><b>29</b> Meatball Sub on WG Roll w/ Mozarella Cheese, Macaroni &amp; Cheese, Green Peas Steamed Baby Carrots <b>Fresh Fruit</b></p>	<p><b>30</b> Caribbean Chicken with African Brown Rice Seasoned Green Beans Roasted Baby Carrots, WG Roll <b>Fresh Fruit</b></p>