

Nassau Elementary School September 2017 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Served Daily</u> - PB & Jelly Deli Turkey Sandwich Ham & Cheese Sandwich Tuna Salad Sandwich Homemade Hummus Spread w/toasted everything bagel Garden Salad w/chicken or cheese</p>	<p><u>5 Vegetable Groups Offered Weekly</u></p> <ul style="list-style-type: none"> • Dark Green • Red/Orange • Legumes (dried beans & peas) • Starchy • Other as defined in guidelines 	<p>This institution is an equal opportunity provider</p>	<p><i>Menu is subject to change due to product availability or unforeseen circumstances</i></p>	<p>1</p> <p style="font-size: 1.2em; color: green; text-align: center;">Welcome Back Have a Wonderful School Year!</p>
<p>4</p> <p style="font-size: 1.5em; color: purple;">LABOR DAY</p>	<p>5</p> <p>Superintendent's Conference Day</p>	<p>6</p> <p>Superintendent's Conference Day</p>	<p>7</p> <p>Pizzeria Slice OR Cheeseburger Homemade Cream of Garbanzo Bean Soup Fresh Seasonal Fruit</p>	<p>8</p> <p>Breakfast Egg & Cheese Sandwich OR Mexican Taco's (3) Fresh Tomato & Basil Salad Fresh Seasonal Fruit</p>
<p>11</p> <p>Toasted Cheese OR Spagel OR Chicken Pattie on Bun Homemade Vegetable soup Fresh Seasonal Fruit</p>	<p>12</p> <p>Oven Roasted Turkey w/rice OR Meatball Sub OR Pizza Square Green Peas Fresh Seasonal Fruit</p>	<p>13</p> <p>Pasta w/meat sauce OR Mozzarella Sticks w/ Three Grain Pilaf Steamed Buttered Kale Fresh Seasonal Fruit</p>	<p>14</p> <p>Pizzeria Slice OR Cheeseburger Homemade Lentil Soup Fresh Seasonal Fruit</p>	<p>15</p> <p>Breakfast Egg & Cheese Sandwich OR Mexican Taco's (3) Fresh Butternut Squash Fresh Seasonal Fruit</p>
<p>18</p> <p>Toasted Cheese OR Spagel OR Chicken Pattie on Bun Water chestnuts Fresh Seasonal Fruit</p>	<p>19</p> <p>Oven Roasted Turkey w/rice OR Meatball Sub OR Pizza Square Steamed carrots Fresh Seasonal Fruit</p>	<p>20</p> <p>Pasta w/meat sauce OR Mozzarella Sticks w/ Farro Salad Fresh Spinach Salad Fresh Seasonal Fruit</p>	<p>21</p> <p style="font-size: 1.2em;">ROSH HASHANAH</p>	<p>22</p> <p>Breakfast Egg & Cheese Sandwich OR Mexican Taco's (3) Homemade White Bean Soup Fresh Seasonal Fruit</p>
<p>25</p> <p>Toasted Cheese OR Spagel OR Chicken Pattie on Bun Homemade Vegetable soup Fresh Seasonal Fruit</p>	<p>26</p> <p>Oven Roasted Turkey w/rice OR Meatball Sub OR Pizza Square Kernel Corn Fresh Seasonal Fruit</p>	<p>27</p> <p>Pasta w/meat sauce OR Mozzarella Sticks w/Tabbouleh salad Collard Greens Fresh Seasonal Fruit</p>	<p>28</p> <p>Pizzeria Slice OR Cheeseburger Black Bean Salad Fresh Seasonal Fruit</p>	<p>29</p> <p>Breakfast Egg & Cheese Sandwich OR Mexican Taco's (3) Homemade Pumpkin Soup Fresh Seasonal Fruit</p>