





SMART STANDARDS **september** junior

	monday	tuesday	wednesday	thursday	friday
<p>ON THE MENU EVERY DAY (unless otherwise noted)</p> <p>Chicken Nuggets w/Rice Mac & Cheese (V) Sunbutter & Jelly w/Yogurt (V) Chicken & Goldfish Pasta w/Meat Sauce Pasta Bake</p> <p>Order your lunches at www.SMARTLUNCHES.com</p> <p>V=Vegetarian GF=Gluten Free</p>    	<p>02</p> <p>~ LABOR DAY ~</p> <p>NO SMART LUNCHES</p>	<p>03</p> <p>Caribbean Pork w/ Rice & Beans (GF) Cheese Quesadilla w/ Hummus (V) Cheesy Frittata w/ Tater Tots (V) SIDES: Baked Peaches / Cauliflower / Corn</p>	<p>04</p> <p>Turkey Chili (GF) Pizza Bread (V) Shepherd's Pie SIDES: Mashed Sweet Potato / Broccoli / Baked Apples</p>	<p>05</p> <p>Beef Teriyaki (GF) BBQ Meatloaf w/ Mashed Potatoes Hummus & Pita Pack (V) SIDES: Green Beans / Mashed Potato / Maple Glazed Carrots</p>	<p>06</p> <p>Black Beans & Rice (GF, V) Chicken Casserole Lentil Bolognese (V) SIDES: Peas & Carrots / Broccoli / Baked Pears</p>
	<p>09</p> <p>Caribbean Mango Chicken (GF) Turkey Chili w/ Rice & Beans (GF) Caribbean Pork w/ Rice & Beans (GF) SIDES: Corn / Peas / Baked Apples</p>	<p>10</p> <p>Vegetarian Fried Rice (GF, V) Lentil Chickpea Curry w/ Apple-Mango Chutney (GF, V) Pizza Bread (V) Burger Mac (sub for Mac & Cheese) SIDES: Maple Glazed Carrots / Broccoli / Baked Pears</p>	<p>11</p> <p>Chicken Quesadilla w/ Hummus Zucchini Parm (V) BBQ Chicken w/Mashed Potatoes SIDES: Peas & Carrots / Cauliflower / Baked Peaches</p>	<p>12</p> <p>Chicken & Fried Rice (GF) Fish Sticks Chicken Nugget Bowl SIDES: Mashed Sweet Potato / Green Beans / Corn</p>	<p>13</p> <p>Beef Teriyaki (GF) Pizza Bread (V) Hummus & Pita Pack (V) SIDES: Baked Peaches / Peas / Maple Glazed Carrots</p>
	<p>16</p> <p>Beef Teriyaki (GF) Fish Sticks BBQ Chicken w/ Mashed Potatoes SIDES: Corn / Maple Glazed Carrots / Baked Apples</p>	<p>17</p> <p>Lentil, Chickpea Curry w/ Apple-Mango Chutney (GF, V) Pizza Bread (V) Chicken Casserole SIDES: Mashed Sweet Potato / Broccoli / Baked Pears</p>	<p>18</p> <p>Curry Chicken & Veggies (GF) Grilled Chicken Parm BBQ Tofu (V) SIDES: Green Beans / Mashed Potato / Peas</p>	<p>19</p> <p>Vegetarian Fried Rice (GF, V) Burger Mac (substitute for Mac & Cheese) Zucchini Parm (V) SIDES: Peas & Carrots / Baked Peaches / Corn</p>	<p>20</p> <p>Caribbean Mango Chicken (GF) Hummus & Pita Pack (V) Chicken Nugget Bowl SIDES: Cauliflower / Maple Glazed Carrots / Baked Apples</p>
	<p>23</p> <p>Veggie Chili & Rice (GF, V) BBQ Chicken w/ Mashed Potatoes Grilled Chicken Parm SIDES: Peas / Maple Glazed Carrots / Baked Pears</p>	<p>24</p> <p>Caribbean Pork w/ Rice & Beans (GF) Cheese Quesadilla w/ Hummus (V) Cheesy Frittata w/ Tater Tots (V) SIDES: Cauliflower / Baked Peaches / Corn</p>	<p>25</p> <p>Turkey Chili (GF) Pizza Bread (V) Shepherd's Pie SIDES: Mashed Sweet Potato / Broccoli / Baked Apples</p>	<p>26</p> <p>Beef Teriyaki (GF) BBQ Meatloaf w/ Mashed Potatoes Hummus & Pita Pack (V) SIDES: Green Beans / Mashed Potato / Maple Glazed Carrots</p>	<p>27</p> <p>Black Beans & Rice (GF, V) Chicken Casserole Lentil Bolognese (V) SIDES: Peas & Carrots / Broccoli / Baked Pears</p>
	<p>30</p> <p>Caribbean Mango Chicken (GF) Turkey Chili w/ Rice & Beans (GF) Caribbean Pork w/ Rice & Beans (GF) SIDES: Corn / Peas / Baked Apples</p>	<p>01</p> <p>Vegetarian Fried Rice (GF, V) Lentil Chickpea Curry w/ Apple-Mango Chutney (GF, V) Pizza Bread (V) Burger Mac (substitute for Mac & Cheese) SIDES: Maple Glazed Carrots / Broccoli / Baked Pears</p>	<p>02</p> <p>Chicken Quesadilla w/ Hummus Zucchini Parm (V) BBQ Chicken w/ Mashed Potatoes SIDES: Peas & Carrots / Cauliflower / Baked Peaches</p>	<p>03</p> <p>Chicken & Fried Rice (GF) Fish Sticks Chicken Nugget Bowl SIDES: Mashed Sweet Potato / Green Beans / Corn</p>	<p>04</p> <p>Beef Teriyaki (GF) Pizza Bread (V) Hummus & Pita Pack (V) SIDES: Baked Peaches / Peas / Maple Glazed Carrots</p>