

PENTAB ACADEMY SEPTEMBER LUNCH MENU

31 ARROZ CON POLLO (CHICKEN WITH RICE) GREEN BEANS AND FRESH FRUIT	1 WHOLE GRAIN MACARONI AND CHEESE MIXED VEGETABLES AND FRESH FRUIT	2 BEEF STEW WITH DICED POTATOES, CARROTS AND CELERY ROLL & FRESH FRUIT	3 PICADILLO (GROUND BEEF) WITH RICE GREEN BEANS AND FRESH FRUIT	4 CHEESE PIZZA STEAMED VEGETABLE FRESH FRUIT
7 Labor Day No School	8 CHICKEN TENDERS PENNE PASTA CARROTS FRESH FRUIT	9 BEEF BURRITO BOWL WHOLEGRAIN TORILLA BEANS FRESH FRUIT	10 ARROZ CON POLLO CHICKEN & YELLOW RICE MIXED VEGETABLES FRESH FRUIT	11 CHEESE PIZZA GREEN SALAD FRESH FRUIT
14 CHICKEN PATTY WHOLEGRAIN BUN BEANS FRESH FRUIT	15 BEEFARONI ELBOW MACARONI CARROTS FRESH FRUIT	16 CHICKEN NUGGETS RICE PLANTAINS FRESH FRUIT	17 MACARONI AND CHEESE CHICKEN MIXED VEGGIES FRESH FRUIT	18 CHEESE PIZZA GREEN SALAD FRESH FRUIT
21 HOT DOG WHOLEGRAIN BUN POTATOES FRESH FRUIT	22 SPAGHETTI WITH MEATBALLS CARROTS FRESH FRUIT	23 NACHO CHIPS CHICKEN & CHEESE BEANS FRESH FRUIT	24 CHICKEN FRICASSEE WHITE RICE MIXED VEGETABLES FRESH FRUIT	25 CHEESE PIZZA GREEN SALAD FRESH FRUIT
28 TERIYAKI BEEF WHITE RICE POTATOES FRESH FRUIT	29 CHICKEN ALFREDO SPAGHETTI CARROTS FRESH FRUIT	30 BEEF BURRITO BOWL WHOLEGRAIN TORILLA BLACK BEANS FRESH FRUIT	1 ARROZ CON POLLO CHICKEN & YELLOW RICE MIXED VEGETABLES FRESH FRUIT	2 CHEESE PIZZA GREEN SALAD FRESH FRUIT

THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER.