

**semplicita**

FOODS & EVENTS

== STAR ACADEMY ==

== SEPTEMBER LUNCH PROGRAM ==

\*\*\*Fruit of the Day is a choice of seasonal fruits. Options include; Watermelon, Cantaloupe, Canary Melon, Honeydew, Strawberries, Blueberries, Blackberries, Seasonal Grapes, Oranges, Apples, Pears, Bananas, Kiwi\*\*\*

== WEEK 1 ==

**Tuesday**

Bow Tie Pasta in Marinara Sauce, Lemon Herb Chicken Breast, Mediterranean Veggies, Fruit of the day Cup\*

**Wednesday**

Sweet Potato & Spilt Pea Soup, Ham & Cheese Sandwich on Wholewheat, Fruit of the day Cup\*

**Thursday**

Pierogies, Italian Sausage, Roasted Seasonal Squash, Fruit of the Day Cup\*

== WEEK 2 ==

**Monday**

Rice with Peas, Baked White Fish, Green Beans, Fruit of the Day Cup\*

**Tuesday**

Penne Alfredo, Grilled Chicken Strips topped with Sweet peppers and Mushrooms, Fruit of the day Cup\*

**Wednesday**

Turkey & Cheese Quasadilla, Seasonal Fresh Vegetables with Hummus Dip, Fruit of the Day Cup\*

**Thursday**

Parmesan Orzo, Veal Schnitzel, Steamed Carrots, Fruit of the Day Cup\*

== WEEK 3 ==

**Monday**

Vegetable Fried Rice, Chicken Teriyaki, Asian Stir Fry Vegetable, Fruit of the Day Cup\*

**Tuesday**

Fusilli alla Marinara, Turkey Meatballs, Seasonal Fresh Vegetables with Ranch Dip, Fruit of the Day \*

**Wednesday**

Broccoli Soup, Egg Salad Sandwich on Wholewheat, Fruit of the Day\*

**Thursday**

French Toast, Breakfast Sausage, Vegetable Frittata, Yogurt & Berries

== WEEK 4 ==

**Monday**

Pulled Pork, Roasted Root Vegetables, Steamed Broccoli, Fruit of the Day Cup\*

**Tuesday**

Mac & Cheese, Lemon Herb Chicken, Seasonal Fresh Vegetables with Lemon Parmesan Dip, Fruit of the Day Cup\*

**Wednesday**

Creamy Vegetable Soup, Salami Sandwich, Fruit of the Day Cup\*

**Thursday**

Spanish Rice with Pinto Beans, Pulled Chicken with Seasonal Vegetables, Fruit of the day Cup\*