

September 2017

JUST A DASH CATERING

LUNCH



School Information:

MILK HUMMUS, SALAD & FRUIT BAR, & PB & J OFFERED DAILY.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



Happy Labor Day

4

Mini Triple Berry Pancake
Oval Hash brown
Turkey Sausage Links.

5

Beef Enchilada
Greek Salad

6

Popcorn Chicken
Green Beans

7

Cheese Pizza
Hummus
Red Pepper

1

Grilled Chicken Nuggets
Tater Tots
Broccoli Bites

11

Cheese bread
Tomato Marinara

12

Mostacoli
Carrots
Garlic Bread

13

Chicken Sandwich
Sliced Cucumber

14

Cheese Pizza
Hummus
Red Pepper

8

Cheese Pizza
Hummus
Red Pepper

15

Beef Taco.
Lettuce/Salsa
Corn/Bell Peppers

18

Chicken/Rice/Cheese
Bowl
Mixed Veggies

19

Beef Lasagna.
Berry Side Salad
(Spinach/Berries/Carrots)
Garlic Bread

20

Grilled Cheese.
Tomato Basil Soup
Cookie

21

Cheese Pizza
Hummus
Green Pepper

22

Sloppy Joes
Rosemary Potatoes
Sweet Peas

25

Asian Chicken
Rice
Garden Salad

26

Mac & Cheese
Spinach

27

Hot Dog
Chips
Cucumber Pickle

28

Cheese Pizza
Hummus
Red Pepper

29