


TAPA Lunch Menu September 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
September 2 To September 6	Labor Day No School	Beef & Cheese Enchilada Meatball Sub Greek Salad Italian Wrap Citrus Glazed Carrots Assorted Milks	Chicken Alfredo with Broccoli & Breadstick Hot Ham & Cheese Sub Greek Salad Turkey & Cheese Sandwich Mixed Vegetables Assorted Milks	Turkey & Gravy with Mashed Potatoes and Breadstick Pork Rib-B-Que Sandwich Greek Salad Buffalo Chicken Wrap Steamed Broccoli Assorted Milk	Cheese Pizza Chicken Patty Greek Salad Egg Salad Sandwich Roasted Black Be& Baby Carrots Assorted Milk
September 9 To September 13	Vegetarian Chili with Chips NY Style Hot Dog on Whole Grain Bun Asian Chicken Salad Ham & Cheese Sandwich Peas & Carrots Assorted Milks	General Tso's Chicken with Brown Rice Pork Rib-B-Que Sandwich Asian Chicken Salad Italian Wrap Steamed Broccoli Florets Assorted Milks	Beef Soft Taco with Spanish Rice Grilled Chicken Sandwich Asian Chicken Salad Turkey & Cheese Sandwich Vegetarian Beans Assorted Milks	Chicken & Cheese Quesadilla Cheeseburger Asian Chicken Salad Buffalo Chicken Wrap Steamed Carrots & Cherry Tomatoes Assorted Milks	Cheese Pizza Fishwich Sandwich Asian Chicken Salad Egg Salad Sub Golden Corn & Carrot Sticks Assorted Milks
September 16 To September 20	Baked Potato with Broccoli & Cheese with Breadstick Cheeseburger Chef Salad Bologna & Cheese Sandwich Cauliflower Florets Assorted Milks	Spanish Style Pork with Rice & Breadstick Meatball Sub Chef Salad Tuna Salad Sandwich Steamed Golden Corn Assorted Milks	Chicken & Cheese Nachos with Toppings Whole Grain Chicken Patty on Bun Chef Salad Salami & Cheese Sub Vegetarian Beans Assorted Milks	Mac & Cheese with Pork Ham Buffalo Chicken Sandwich Chef Salad Chicken Salad Sandwich Steamed Carrots Assorted Milks	Cheese Pizza Chicken Parmesan Sandwich Chef Salad Italian Sub Sandwich Broccoli Florets Assorted Milks
September 23 To September 27	Eggplant Parmesan With Dinner Roll Meatball Sub Cobb Salad Ham & Cheese Sub Steamed Broccoli Assorted Milks	Sweet & Sour Chicken with Brown Rice Fishwich Sandwich Cobb Salad Italian Wrap Steamed Carrots Assorted Milks	Shepherds Pie Chicken Cordon Bleu Sandwich Cobb Salad Turkey & Cheese Sandwich Golden Corn & Baby Carrots Assorted Milks	Chicken Burrito with Spanish Rice Pork Rib-B-Que Sandwich Cobb Salad Buffalo Chicken Wrap Pinto Beans Assorted Milks	Cheese Pizza Cheeseburger Cobb Salad Egg Salad Sub Green Beans Assorted Milks
September 30	Bean and Cheese Enchilada Cheeseburger Buffalo Chicken Salad Bologna & Cheese Sandwich Steamed Corn Assorted Milks				
Minimum Lunch Any 3 components make up a meal. Make sure 1 is a fruit or vegetable	To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.saxr.usda.gov/complaint_filing_cust.html , and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by (1) mail: U.S. Department of Agriculture, Office of the Asst Secretary for Civil Rights, 1400 Independence Ave., SW Washington D>C. 20250-9410 (2) fax (202) 690-7442 or (3) email: program.intake@usda.gov EEO provider All Entrée Salads come with Whole Grain Flat Bread/ Milk is choice of 1% White or Non-Fat Chocolate/ Assorted Fresh and Chilled Fruit available every day.				