

Lunch Menu September 2019

Steamed rice, furikake, salad dressing and salad condiments also included with Set Lunch Soup **not included** in Bento Lunch
 Notices regarding bento/delivery order process

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Herb Chicken Summer Harvest Grilled Vegetables Roasted Potatoes Asparagus w. Lemon Pepper Tomato Vegetable Soup Sliced Fruit</p> <p style="text-align: right;">Cal.: 641 Prot.: 34</p>	<p>3</p> <p>Pork Loin w. Caramelized Apples Green Bean & Mushroom Casserole Mashed Sweet Potatoes Snap Peas w. Young Corn Cream of Asparagus Soup Peach Cobbler</p> <p style="text-align: right;">Cal.: 751 Prot.: 41</p>	<p>4</p> <p>Mandarin Chicken Mushroom & Tofu Stir Fry Vegetable Lo-Mein Stir Fry Broccoli w. Peppers Egg Drop Soup Mango Mousse</p> <p style="text-align: right;">Cal.: 822 Prot.: 53</p>	<p>5</p> <p>Beef Lasagna Vegetable Lasagna Focaccia Eggplant w. Peppers Minestrone Soup Chocolate Cake</p> <p style="text-align: right;">Cal.: 1133 Prot.: 33</p>	<p>6</p> <p>Japanese Pork Curry Vegetable Curry Potato Croquettes Edamame w. Paprika Aburaage Soup Honey Spiced Citrus Slices</p> <p style="text-align: right;">Cal.: 933 Prot.: 35</p>
Weekly Special: Butadon				
<p>9</p> <p>School Closed Due to Typhoon #15</p>	<p>10</p> <p>Yakiniku chicken Grilled Japanese Vegetables Gyoza w. Dipping Sauce Cabbage w. Shimeji Mushrooms Wakame Soup Orange Wedges</p> <p style="text-align: right;">Cal.: 828 Prot.: 39</p>	<p>11</p> <p>Spaghetti and Meatballs Spaghetti Alfredo Ratatouille Chefs Vegetable Du Jour Vermicelli Soup Melon Jelly</p> <p style="text-align: right;">Cal.: 733 Prot.: 29</p>	<p>12</p> <p>Thai Holy Basil Chicken Green Vegetable Curry w. Fish Sauce Pad Thai Garlic & Soy Glazed Eggplant Pumpkin w. Sweet Potato & Coconut Soup Coconut Tapioca</p> <p style="text-align: right;">Cal.: 906 Prot.: 56</p>	<p>13</p> <p>Meatloaf w. Demi Glace Tofu Hijiki Hamburg w. Soy Mayonaise Rosemary Potatoes Buttered Green Beans Tomato Basil Soup Pear Pie Bars</p> <p style="text-align: right;">Cal.: 792 Prot.: 22</p>
Weekly Special: Pasta Carbonara				
<p>16</p> <p>No School Back to School Day for Parents</p>	<p>17</p> <p>Stir Fry Beef & Broccoli Bok Choy w. Tofu Shorompo w. Dipping Sauce Chinese Vegetables w. Bean Sprouts Asian Mushroom & Corn Soup Mikan Jelly</p> <p style="text-align: right;">Cal.: 938 Prot.: 34</p>	<p>18</p> <p>Chicken Nachos Vegetable Bean Nachos Corn Chips w. Cheese Sauce Grilled Corn Garbanzo Soup Sliced Pineapple</p> <p style="text-align: right;">Cal.: 756 Prot.: 32</p>	<p>19</p> <p>Meat Lovers Pizza Margarita Pizza Autumn Roasted Vegetable Pasta Buttered Broccoli Italian Vegetable Soup Sliced Melon w. Grapes</p> <p style="text-align: right;">Cal.: 1104 Prot.: 43</p>	<p>20</p> <p>Grilled Chicken w. Shitake Mushroom Sauce Tofu w. Spinach & Shimeji Mushroom Baked Potatoes w. 3 Healthy Toppings Broccoli & Carrots Corn Pottage Apple Crumb Cake</p> <p style="text-align: right;">Cal.: 850 Prot.: 32</p>
Weekly Special: Pork Kimchi				
<p>23</p> <p>No School Professional Development Day for Teachers</p>	<p>24</p> <p>Pork Katsu Miso Roasted Eggplant Vegetable Yakisoba Broccoli w. Corn Yudofu Soup (Tofu w. Kombu) Caramel Custard</p> <p style="text-align: right;">Cal.: 1024 Prot.: 43</p>	<p>25</p> <p>Tandoori Chicken Falafel w. Tzatziki Sauce Pita Bread Roasted Vegetable Masala Cauliflower w. Turmeric Soup Lemon Mousse</p> <p style="text-align: right;">Cal.: 806 Prot.: 31</p>	<p>26</p> <p>Juicy Beef Burger Grilled Vegetable Burgers Crispy Potato Wedges Mixed Mushrooms w. Eggplant Spicy Whitefish Gumbo Soup Orange Wedges</p> <p style="text-align: right;">Cal.: 834 Prot.: 43</p>	<p>27</p> <p>B.B.Q. Chicken Summer Grilled Vegetables Scalloped Potato Gratin Corn on the Cob Split Pea Soup Apple Crumble</p> <p style="text-align: right;">Cal.: 850 Prot.: 34</p>
Weekly Special: Chefs Curry				
<p>30</p> <p>Hamburg in Curry Sauce Vegetable Curry w. Eggplant Crispy Potato Wedges Japanese Braised Daikon Greens w. Coconut Soup Fresh Fruit Cocktail</p> <p style="text-align: right;">Cal.: 1094 Prot.: 20</p>				