



Blue Plate express

# SEPTEMBER LUNCH MENU

Meals meet USDA CACFP pattern requirements when a serving of milk is added to the meal.

•Vegetarian substitute

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Mexican bean & cheese enchilada,  peas & carrots , peaches	<b>2</b> Chicken Strips, garlic bread  cucumbers, or- anges
<b>5</b>  Labor Day	<b>6</b> Cheese quesadilla, refried beans.  mixed vegies with lima beans, pears	<b>7</b> Chinese orange chicken & rice, broccoli, fruit cocktail.	<b>8</b> Beef stroganoff, noodles  corn & pineapple`	<b>9</b> Cheese Pizza  green salad, sliced apples
<b>12</b> Chicken nuggets with bread stick,  celery, apricots	<b>13</b> Grilled cheese ba- gel, tomato soup,  green beans, man- darin oranges	<b>14</b> Mac & Cheese  spinach salad, watermelon	<b>15</b> Swedish meatballs and rice  peas & carrots peaches	<b>16</b> Beef Chili, corn- bread  cucumbers, or- anges
<b>19</b> BBQ meatballs & rice with baby carrots & apple- sauce	<b>20</b> Turkey sand- wich, string cheese, mixed vegies, pears	<b>21</b> Cheese La- sagna, garlic bread, broccoli, fruit cocktail	<b>22</b> Warm flatbread sandwich, salami & cheese corn & pineapple`	<b>23</b> Cheese Pizza,  green salad, sliced apples
<b>26</b> Chicken nuggets with bread stick,  celery, apricots	<b>27</b> Chicken soft tacos  green beans, man- darin oranges	<b>28</b> Beef and Cheddar Mac  spinach salad, watermelon	<b>29</b> Spaghetti, meat- balls, tomato sauce  peas & carrots peaches	<b>30</b> Chicken strips, garlic bread  cucumbers, or- anges



Blue Plate express

[www.blueplateseattle.com](http://www.blueplateseattle.com) • 206-525-2511

7347 35th Ave NE, Suite E, Seattle, WA 98115