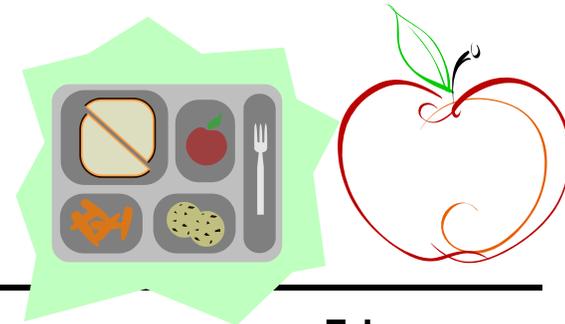
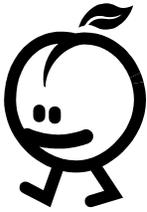


Parents: Visitors must call the front office by 9am to order their lunch the day they visit. The price of a visitor meal is \$3.00. We cannot charge any visitor lunches to your child's lunch account. Payments must be made in the front office before lunch. Thank you.

# Promontory Lunch September 2017



| Mon   | Tue   | Wed  | Thu   | Fri   |
|---|---|--|---|---|
|    | <b><u>Look For Fresh &amp; Local Peaches!</u></b>   |  |   | <b><u>No School</u></b>   |
| 4<br><b><u>Labor Day</u></b><br><b><u>No School</u></b>   | 5<br><i>Sloppy Joe-DF</i><br><i>Chef Salad-GF,DF</i><br><i>W/Roll</i><br><i>Fresh Fruit</i><br><i>Salad Bar</i>   | 6 (PM Kindergarten)<br><i>Cheese Quesadilla</i><br><i>Taco Salad-GF,DF</i><br><i>Refried Beans</i><br><i>Fresh Fruit</i><br><i>Salad Bar</i>         | 7<br><i>Scrambled Eggs-GF,DF</i><br><i>Yogurt Parfait-GF</i><br><i>From Scratch Pancakes</i><br><i>Fresh Fruit</i><br><i>Salad Bar</i>    | 8<br><i>Hawaiian Pizza</i><br><i>Cheese Pizza</i><br><i>Sweet Corn</i><br><i>Fresh Fruit</i><br><i>Salad Bar</i>                |
| 11<br><i>Hamburger-DF</i><br><i>Macaroni &amp; Cheese</i><br><i>Tasty Bean Salad</i><br><i>Fresh Fruit</i><br><i>Salad Bar</i>                | 12<br><i>Bean Burrito-DF</i><br><i>Taco Salad-GF,DF</i><br><i>Refried Beans</i><br><i>Fresh Fruit</i><br><i>Salad Bar</i>                               | 13 (AM Kindergarten)<br><i>Korean Beef with Rice-GF,DF</i><br><i>Mandarin Chicken Salad-GF,DF</i><br><i>Fresh Fruit</i><br><i>Salad Bar</i>          | 14<br><i>Ham &amp; Potato Soup-GF</i><br><i>Chef Salad-GF,DF</i><br><i>Fresh Focaccia Bread</i><br><i>Fresh Fruit</i><br><i>Salad Bar</i> | 15<br><i>Pepperoni Pizza</i><br><i>Cheese Pizza</i><br><i>Sweet Corn</i><br><i>Fresh Fruit</i><br><i>Salad Bar</i>              |
| 18<br><i>Chicken Taco-DF</i><br><i>Taco Salad-GF,DF</i><br><i>Seasoned Black Beans</i><br><i>Fresh Fruit</i><br><i>Salad Bar</i>              | 19<br><i>French Dip Sandwich</i><br><i>Chef Salad-GF,DF w/Roll</i><br><i>Tasty Bean Salad</i><br><i>Fresh Fruit</i><br><i>Salad Bar</i>                 | 20 (PM Kindergarten)<br><i>Chili-GF,DF</i><br><i>Baked Potato Bar-GF,DF</i><br><i>Homemade Cornbread</i><br><i>Fresh Fruit</i><br><i>Salad Bar</i>   | 21<br><i>Breakfast Burrito-DF</i><br><i>Yogurt Parfait-GF w/Granola</i><br><i>Fresh Fruit</i><br><i>Vegetable</i><br><i>Salad Bar</i>     | 22<br><i>Chicken Alfredo Pizza</i><br><i>Cheese Pizza</i><br><i>Sweet Corn</i><br><i>Fresh Fruit</i><br><i>Salad Bar</i>        |
| 25<br><i>Ham &amp; Cheese Sandwich</i><br><i>Chef Salad-GF,DF w/Roll</i><br><i>Tasty Bean Salad</i><br><i>Fresh Fruit</i><br><i>Salad Bar</i> | 26<br><i>Spaghetti &amp; Meat Sauce-DF</i><br><i>Mandarin Chicken Salad-GF,DF</i><br><i>Fresh Breadsticks</i><br><i>Fresh Fruit</i><br><i>Salad Bar</i> | 27 (AM Kindergarten)<br><i>Cheese Quesadilla</i><br><i>Taco Salad-GF,DF</i><br><i>Seasoned Black Beans</i><br><i>Fresh Fruit</i><br><i>Salad Bar</i> | 28<br><i>Breakfast Casserole-GF</i><br><i>Yogurt Parfait-GF</i><br><i>Homemade Banana Bread</i><br><i>Fresh Fruit</i><br><i>Salad Bar</i> | 29<br><i>Sausage &amp; Mushroom Pizza</i><br><i>Cheese Pizza</i><br><i>Sweet Corn</i><br><i>Fresh Fruit</i><br><i>Salad Bar</i> |

Please contact me with any diet/allergy needs. Most meals can be adapted to meet your needs. \*\*Menu items possibly come in contact with gluten or dairy.

**USDA is an equal opportunity provider and employer.**