

September Lunch Ingredients

ENTREES

TURKEY CUTLETS

Turkey Breast Cutlet dredged in crushed Tortilla Chips

SAUSAGE WITH BOW TIE PASTA

Mild Italian Sausage, Pasta, Onion, tomato, heavy cream

CHILI-LIME TACO

Ground beef, tortillas, cheese, onion, garlic

ZUCCHINI HAMBURGER PANCAKES

Shredded Zucchini, ground beef, cheese, biscuit mix

CHICKEN + CORN CHIP SALAD

Chicken, bacon, cheese, lettuce, cranberries, crushed corn chips

BACON AVOCADO SALAD

Avocado slices on the side (optional), romaine, bacon, onion, cheese

BEEF SHEPHERD'S PIE

Ground beef, carrots, peas, potatoes,

FIESTA MEXICAN LASAGNA

Ground beef, black beans, spaghetti sauce, salsa, tortilla chips

CHICKEN FOIL DINNER

Chicken, black beans, corn, salsa, cheese in individual packets

SAUSAGE COBB SALAD WRAP

Mild pork sausage, lettuce, hard boiled egg, tomato, chives, cheese

CHICKEN QUINOA SALAD

Quinoa, yogurt, cheese, cucumber, onion, chicken, tomato

BBQ HAMBURGER TOSTADAS

BBQ ground beef, coleslaw cabbage mix, baked beans, tostada shells, cheese

VEGETABLES

POTLUCK BEANS

Butter, Kidney, and Navy beans, Molasses