

September 2021

New Orleans Regional Lunch Menu - Cafeteria



LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Hot Dog on a Bun Roasted Sweet Potato Wedges Baked Beans Assorted Fruit Skim/1% Milk	Sloppy Joe Sandwich Roasted Potatoes Roasted Summer Squash Assorted Fruit Skim/1% Milk	Cajun Jambalaya with Sausage & Chicken Stir Fry Green Beans Assorted Fruit Skim/1% Milk
HOLIDAY	Turkey Chef Salad & Garlic Bread with Lettuce, Tomato, Cucumbers, Hardboiled Egg Genuine Salad Dressing (1 oz) Assorted Fruit Skim/1% Milk	Chicken Alfredo with Whole Grain Pasta Oven Roasted Broccoli Glazed Carrots Assorted Fruit Skim/1% Milk	Roast Chicken with Gravy Whole Grain Biscuit Green Peas Roasted Carrots Assorted Fruit Skim/1% Milk	Focaccia Pizza (Cheese or Veggie or Pepperoni) Roasted Summer Squash Assorted Fruit Skim/1% Milk
White Beans & Rice with Andouille Sausage & Chicken Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Chicken Tenders WG Dinner Roll (9-12) Carrot Fries Oven Roasted Broccoli Assorted Fruit Skim/1% Milk	NOLA Baked Spaghetti Steamed Corn Assorted Fruit Skim/1% Milk	Turkey Cheese Wrap Cucumber Dill Salad Assorted Fruit Skim/1% Milk	Beef Hamburger Tator Tots Glazed Carrots Assorted Fruit Skim/1% Milk
Jerk Chicken Red Rice (K-8: 1/2 cup; 9-12: 1 cup) Aromatic Beans Assorted Fruit Skim/1% Milk	Sloppy Joe Sandwich Roasted Potatoes Roasted Summer Squash Assorted Fruit Skim/1% Milk	Focaccia Pizza (Cheese or Veggie or Pepperoni) Lemony Broccoli Assorted Fruit Skim/1% Milk	Baked Chicken WG Mac & Cheese Stir Fry Green Beans Glazed Carrots Assorted Fruit Skim/1% Milk	Hot Dog on a Bun Roasted Sweet Potato Wedges Baked Beans Assorted Fruit Skim/1% Milk
Red Beans & Rice with Andouille Sausage & Chicken Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Chicken Tenders WG Dinner Roll (9-12) Carrot Fries Oven Roasted Broccoli Assorted Fruit Skim/1% Milk	Turkey Chef Salad & Garlic Bread with Lettuce, Tomato, Cucumbers, Hardboiled Egg Genuine Salad Dressing (1 oz) Assorted Fruit Skim/1% Milk	BBQ Chicken Sandwich Roasted Sweet Potato Wedges Stir Fry Green Beans Assorted Fruit Skim/1% Milk	

* Ingredients Sourced from a Local Farm

This institution is an equal opportunity provider.

Note: Menu subject to change