

SEPTEMBER 2011

Namaste Charter School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cheese Pizza (Whole wheat Crust) Green Beans <u>Vegetarian</u> Veggie Burgers	2 Chicken Jambalaya W/Brown Rice Carrots <u>Vegetarian</u> Tofu Jambalaya
5 Labor Day	6 Rosemary Baked Chicken Whole Barley Spinach <u>Vegetarian</u> Breaded Eggplant W/Marinara Sauce	7 Turkey Burgers (Whole Wheat Buns) Peas & Carrots <u>Vegetarian</u> Vegan Burger	8 Dirty Rice with Turkey and Brown Rice Butternut Squash <u>Vegetarian</u> Breaded Eggplant	9 Chicken Fried Rice Broccoli Whole Wheat dinner roll <u>Vegetarian</u> Fried Rice W/Tofu
12 (Wheat Pasta) Spaghetti Pasta W/Cheese Mixed Vegetables <u>Vegetarian</u> Baked Penne Pasta W/ Cheese	13 Teriyaki Chicken Brown Rice Green Beans <u>Vegetarian</u> Teriyaki Tofu	14 (Whole Wheat Pasta) Turkey Lasagna Carrots <u>Vegetarian</u> Veggie Burgers	15 (Whole Wheat Pasta) Beef and Broccoli W/ Noodles Broccoli <u>Vegetarian</u> Breaded Eggplant W/ Noodles	16 Cajun Style Beans and Brown Rice Turnip Greens
19 (Whole Wheat Pasta) Penne Pasta W/Cheese Sugar Snap Peas	20 Turkey Taco (Whole Wheat Tortilla) Refried Beans Spinach <u>Vegetarian</u>	21 Turkey Chili Mac (Whole Wheat Pasta) Zucchini <u>Vegetarian</u> Vegetable Chili Mac	22 Cheese Pizza (Whole Wheat Crust) Peas and Carrots	23 Turkey Burgers (Whole Wheat Buns) Broccoli <u>Vegetarian</u> Veggie Burger
26 Cheese Quesadilla Brown Rice Pilaf Green Beans <u>Vegetarian</u> Veggie Burgers	27 Turkey Sloppy Joe (Whole Wheat Buns) Broccoli <u>Vegetarian</u> Veggie Sloppy Joe	28 Beef Stir Fry Wild rice Squash <u>Vegetarian</u> Vegetable Stir Fry	29 Turkey Meatloaf Quinoa Spinach <u>Vegetarian</u> Pasta, Cheese & Sauce	30 Chicken Marsala Barley Zucchini <u>Vegetarian</u> Veggie wraps W/ Marcela Sauce

Salad Bar:

Mixed Greens, Romaine lettuce, cherry tomatoes, sliced cucumbers, baby carrots, hard boiled eggs, garbanzo beans, fresh cut fruit, beans, cottage cheese, whole wheat pita

Beverages: 1% Milk, Water



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OCTOBER 2011

Kids Way Café Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Rosemary Baked Chicken Whole Barley Spinach <u>Vegetarian</u> Breaded Eggplant W/Marinara Sauce	4 (Whole Wheat Pasta) Turkey Lasagna Carrots <u>Vegetarian</u> Veggie Burgers	5 Dirty Rice with Turkey and Brown Rice Butternut Squash <u>Vegetarian</u> Breaded Eggplant	6 Cheese Pizza (Whole wheat Crust) Green Beans <u>Vegetarian</u> Veggie Burgers	7 (Whole Wheat Pasta) Beef and Broccoli W/ Noodles Broccoli <u>Vegetarian</u> Breaded Eggplant W/ Noodles
10 Columbus Day	11 (Wheat Pasta) Spaghetti Pasta W/Cheese Mixed Vegetables	12 Beef Stir Fry Wild rice Squash <u>Vegetarian</u> Vegetable Stir Fry	13 Teriyaki Chicken Brown Rice Green Beans <u>Vegetarian</u> Teriyaki Tofu	14 Turkey Chili Mac (Whole Wheat Pasta) Zucchini <u>Vegetarian</u> Vegetable Chili Mac
17 BBQ Chicken Whole Barley Carrots <u>Vegetarian</u> BBQ tofu	18 Turkey Meatloaf Quinoa Spinach <u>Vegetarian</u> Pasta, Cheese & Sauce	19 (Whole Wheat Pasta) Penne Pasta W/Cheese Sugar Snap Pea	20 Chicken Marcela Barley Zucchini <u>Vegetarian</u> Veggie wraps W/ Marcela Sauce	21 Tilapia w/ Mango Chutney Wild Rice Mixed Vegetables <u>Vegetarian</u> Pasta, Cheese & Sauce
24 Cajun Style Beans and Brown Rice Turnip Greens	25 Cheese Quesadilla Brown Rice Pilaf Green Beans <u>Vegetarian</u> Veggie Burgers	26 Chicken Fried Rice Broccoli Whole Wheat dinner roll <u>Vegetarian</u> Fried Rice W/Tofu	27 Turkey Taco (Whole Wheat Tortilla) Refried Beans Spinach <u>Vegetarian</u> Veggie Taco	28 Turkey Sloppy Joe (Whole Wheat Buns) Carrots <u>Vegetarian</u> Veggie Sloppy Joe
31 Turkey Burgers (Whole Wheat Buns) Broccoli <u>Vegetarian</u> Veggie Burger				



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NOVEMBER 2011

Kids Way Café Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY



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DECEMBER 2011

Kids Way Café Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY



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JANUARY 2012

Kids Way Café Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY



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FEBRUARY 2012

Kids Way Café Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY



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MARCH 2012

Kids Way Café Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY



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APRIL 2012

Kids Way Café Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY



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MAY 2012

Kids Way Café Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

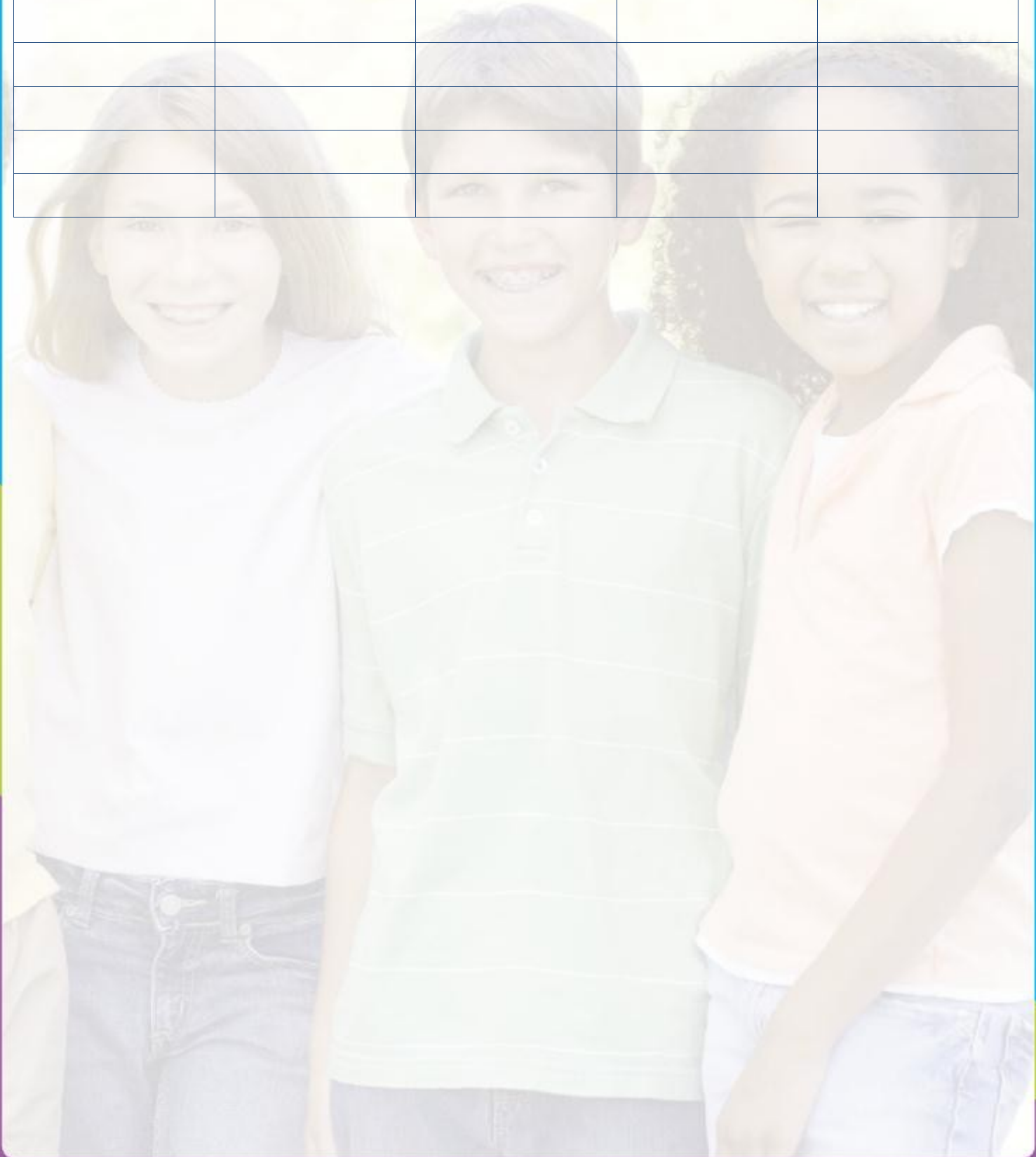


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Kids Way Café Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY



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