

September 2019 | Menu for PEAK

Monday	Tuesday	Wednesday	Thursday	Friday
2 LABOR DAY CLOSED	3 Vegetable & Tofu Fried Rice Mandarin Oranges Milk	4 Grilled Chicken with Spinach, Pecans, & Feta Cheese Roll & Milk	5 Fish & Chips Cole Slaw Mixed Fruit Milk	6 Chicken Salad Stuffed Tomatoes Potato Salad Milk
9 Italian Sausage Peppers & Onions Roasted Potatoes Snap Peas & Milk	10 Grilled Cheese Tomato Soup Green Salad & Bread Apple & Milk	11 Baked Haddock Roasted Tomatoes Mac & Cheese Mandarin Oranges Milk	12 Taco Salad Corn Chips Pineapple Milk	13 Turkey Special Sweek Potato Bites Carolina Slaw Bread & Milk
16 Meatball Sub Sweet Potato Bites Mixed Fruit Milk	17 Pierogies with Onions & Mushrooms Green Salad Milk	18 Grilled Salmon Wild Rice Vegetable Soup & Roll Milk	19 Paprika Chicken Herb Rice Green Beans & Roll Sliced Peaches & Milk	20 Beef Burger Fries Watermelon Milk
23 Meatloaf with Mushroom Gravy Garlic Mashed Potatoes Green Beans Sliced Peaches & Milk	24 Shrimp Pad Thai Salad Asian Cucumber Slaw Mandarin Oranges Milk	25 Grilled Chicken Caeser Salad Black Bean Soup Milk	26 Panko-Crusted Pork Chop Wild Rice Asian Slaw & Milk	27 Tuna Fish Salad Plate Lettuce & Tomato Lentil & Quinoa Salad Mixed Fruit & Milk
30 Vegetable & Tofu Fried Rice Mandarin Oranges Milk				

October 2019 | Menu for PEAK

	1 Grilled Chicken with Spinach, Pecans, & Feta Cheese Roll & Milk	2 Fish & Chips Cole Slaw Mixed Fruit Milk	3 Chicken Salad Stuffed Tomatoes Potato Salad Milk	4 French Dip Sandwich Fries Mixed Fruit Milk
7 Grilled Cheese Tomato Soup Green Salad & Bread Apple & Milk	8 Baked Haddock Roasted Tomatoes Mac & Cheese Mandarin Oranges Milk	9 Taco Salad Corn Chips Pineapple Milk	10 Turkey Special Sweek Potato Bites Carolina Slaw Bread & Milk	11 Italian Sausage Peppers & Onions Roasted Potatoes Snap Peas & Milk
14 Pierogies with Onions & Mushrooms Green Salad Milk	15 Grilled Salmon Wild Rice Vegetable Soup & Roll Milk	16 Paprika Chicken Herb Rice Green Beans & Roll Sliced Peaches & Milk	17 Beef Burger Fries Watermelon Milk	18 Meatball Sub Sweet Potato Bites Mixed Fruit Milk
21 Shrimp Pad Thai Salad Asian Cucumber Slaw Mandarin Oranges Milk	22 Grilled Chicken Caeser Salad Black Bean Soup Milk	23 Panko-Crusted Pork Chop Wild Rice Asian Slaw & Milk	24 Tuna Fish Salad Plate Lettuce & Tomato Lentil & Quinoa Salad Mixed Fruit & Milk	25 Meatloaf with Mushroom Gravy Garlic Mashed Potatoes Green Beans Sliced Peaches & Milk
28 Grilled Chicken with Spinach, Pecans, & Feta Cheese Roll & Milk	29 Fish & Chips Cole Slaw Mixed Fruit Milk	30 Chicken Salad Stuffed Tomatoes Potato Salad Milk	31 French Dip Sandwich Fries Mixed Fruit Milk	