

# SEPTEMBER 2022 MENU



GOURMET EXPRESS (404)371-4566

SEPTEMBER MENU (22 Days )

				THURSDAY 1	FRIDAY 2
				<p><b><u>Breakfast</u></b> Wheat Strawberry Chex Mix Apple Sauce 100% Fruit Juice (DAR) Milk</p> <p><b><u>Lunch</u></b> (DAR) Beefy Mack (w/wheat noodles) Whole Wheat Elbows Cheddar Cheese Green Beans (LS) Watermelon (DAR) Milk</p>	<p><b><u>Breakfast</u></b> (DAR) Mini Bagels (Strawberry) Whole Pears 100% Fruit Juice (DAR) Milk</p> <p><b><u>Lunch</u></b> Chicken Sandwich (LS) Whole Wheat Bun Sweet Potato Fries Whole Plums (DAR) Milk</p>
MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9	
<p><b><u>Breakfast</u></b> Apple Cinnamon Cereal Mixed Fruit Cups 100% Fruit Juice (DAR) Milk</p> <p><b><u>Lunch</u></b> Beef Tacos (LS) Whole Wheat Tortilla Lettuce/Cheese Tomato Salsa (LS) Black Beans Red Apples (DAR) Milk</p>	<p><b><u>Breakfast</u></b> (DAR) Blueberry Muffins Whole Peach 100% Fruit Juice (DAR) Milk</p> <p><b><u>Lunch</u></b> Teriyaki (LS) Chicken W/ Asian Noodles Whole Wheat Noodles Vegetable Stir Fry Fruit Salad (DAR) Milk</p>	<p><b><u>Breakfast</u></b> Honey Cheerios Cereal Mandarin Cups 100% Fruit Juice (DAR) Milk</p> <p><b><u>Lunch</u></b> Beef Hamburgers (LS) Whole Wheat Bun (LS) Seasoned Diced Potato Whole Pears (DAR) Milk</p>	<p><b><u>Breakfast</u></b> Granola Bars Granny Smith Apples (DAR) String Cheese 100% Fruit Juice (DAR) Milk</p> <p><b><u>Lunch</u></b> Brown Sugar Garlic Chicken Legs Brown Rice Pilaf Carrots Cantaloupe (DAR) Milk</p>	<p><b><u>Breakfast</u></b> Breakfast Biscuit Bars Apple Sauce (DAR) String Cheese 100% Fruit Juice (DAR) Milk</p> <p><b><u>Lunch</u></b> (DAR) Macaroni &amp; Cheese Whole Wheat Elbows Roasted Broccoli Banana (DAR) Milk</p>	
MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16	

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<p><b><u>Breakfast</u></b> Raisin Bran Cereal Mandarin Cups 100% Fruit Juice <b>(DAR)</b> Milk</p> <p><b><u>Lunch</u></b> Sloppy joe Whole Wheat Bun Baked Beans <b>(LS)</b> Whole Peaches <b>(DAR)</b> Milk</p>	<p><b><u>Breakfast</u></b> Apple Frudels Whole Plums 100% Fruit Juice <b>(DAR)</b> Milk</p> <p><b><u>Lunch</u></b> BBQ Chicken Legs <b>(LS)</b> Curried Cabbage Corn Bread Honey Dew Melon <b>(DAR)</b> Milk</p>	<p><b><u>Breakfast</u></b> Pop Tarts Apple Sauce 100% Fruit Juice <b>(DAR)</b> Milk</p> <p><b><u>Lunch</u></b> Spaghetti &amp; Meatball Whole Wheat Spaghetti Green Peas Gala Apples <b>(DAR)</b> Milk</p>	<p><b><u>Breakfast</u></b> <b>(DAR)</b> Banana Muffins Banana 100% Fruit Juice <b>(DAR)</b> Milk</p> <p><b><u>Lunch</u></b> Mango Chili Chicken Brown Rice Mixed Vegetables <b>(LS)</b> Watermelon <b>(DAR)</b> Milk</p>	<p><b><u>Breakfast</u></b> Cinnamon Toast Cereal Mixed Fruit Cups 100% Fruit Juice <b>(DAR)</b> Milk</p> <p><b><u>Lunch</u></b> Meatball Marinara Sub <b>(LS)</b> Whole Wheat Sub Roasted White Corn <b>(LS)</b> Whole Pears <b>(DAR)</b> Milk</p>
<p><b>MONDAY 19</b></p>	<p><b>TUESDAY 20</b></p>	<p><b>WEDNESDAY 21</b></p>	<p><b>THURSDAY 22</b></p>	<p><b>FRIDAY 23</b></p>
<p><b><u>Breakfast</u></b> Wheat Strawberry Chex Mix Apple Sauce 100% Fruit Juice <b>(DAR)</b> Milk</p> <p><b><u>Lunch</u></b> Turkey Tacos <b>(LS)</b> Whole Wheat Tortilla Lettuce/Cheese Tomato Salsa <b>(LS)</b> Kidney Beans Whole Plums <b>(DAR)</b> Milk</p>	<p><b><u>Breakfast</u></b> Apple Cinnamon Cereal Banana 100% Fruit Juice <b>(DAR)</b> Milk</p> <p><b><u>Lunch</u></b> Brown Sugar Garlic Chicken Legs Brown Rice Pilaf Roasted Cauliflower Cantaloupe <b>(DAR)</b> Milk</p>	<p><b><u>Breakfast</u></b> <b>(DAR)</b> Blueberry Muffins Mixed Fruit Cups 100% Fruit Juice <b>(DAR)</b> Milk</p> <p><b><u>Lunch</u></b> <b>(DAR)</b> Beefy Mack (w/wheat noodles) Whole Wheat Elbows Cheddar Cheese Roasted Broccoli <b>(LS)</b> Whole Peaches <b>(DAR)</b> Milk</p>	<p><b><u>Breakfast</u></b> Honey Cheerios Cereal Whole Pears 100% Fruit Juice <b>(DAR)</b> Milk</p> <p><b><u>Lunch</u></b> Chicken Sandwich <b>(LS)</b> Whole Wheat Bun Sweet Potato Fries Fruit Salad <b>(DAR)</b> Milk</p>	<p><b><u>Breakfast</u></b> Nutri Grain Bars <b>(DAR)</b> String Cheese Mandarin Cups 100% Fruit Juice <b>(DAR)</b> Milk</p> <p><b><u>Lunch</u></b> Beef Hamburgers <b>(LS)</b> Whole Wheat Bun Brussel Sprouts Banana <b>(DAR)</b> Milk</p>

# SEPTEMBER 2022 MENU

MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
<p><b><u>Breakfast</u></b> Cinnamon Toast Cereal Mixed Fruit Cups 100% Fruit Juice (DAR) Milk</p> <p><b><u>Lunch</u></b> Meatball Marinara Sub (LS) Whole Wheat Sub (LS) Butternut Squash (LS) Whole Pears (DAR) Milk</p>	<p><b><u>Breakfast</u></b> Breakfast Biscuit Bars Whole Plums (DAR) String Cheese 100% Fruit Juice (DAR) Milk</p> <p><b><u>Lunch</u></b> Beef Hamburgers (LS) Whole Wheat Bun Baked Beans (LS) Watermelon (DAR) Milk</p>	<p><b><u>Breakfast</u></b> Raisin Bran Cereal Apple Sauce 100% Fruit Juice (DAR) Milk</p> <p><b><u>Lunch</u></b> BBQ Chicken Legs Yellow Rice Pinto Beans Banana (DAR) Milk</p>	<p><b><u>Breakfast</u></b> (DAR) Blueberry Muffins Whole Peach 100% Fruit Juice (DAR) Milk</p> <p><b><u>Lunch</u></b> Teriyaki (LS) Chicken W/ Asian Noodles Whole Wheat Noodles Vegetable Stir Fry Honey Dew (DAR) Milk</p>	<p><b><u>Breakfast</u></b> Granola Bars Mandarin Cups (DAR) String Cheese 100% Fruit Juice (DAR) Milk</p> <p><b><u>Lunch</u></b> (DAR) Macaroni &amp; Cheese Whole Wheat Elbows Roasted Corn Red Apples (DAR) Milk</p>

## MENU NOTIFICATIONS

(VEG)- Vegetarian Meal

(DAR)- Dairy used in Meal

(LS) – Locally Sourced Options

(W/W) – Whole Wheat

**NUTS – Nuts are never served. We serve Soy or Sunflower butter as a peanut butter substitute**

**PORK – Pork is never served**

**Substitutions** – Due to the Covid-19 pandemic, the entire country is experiencing consistent supply chain shortages. The food supply chain is no exception. We reserve the right to make menu or supply item substitutions whenever necessary without prior notice. We will update customers as soon as possible so that they can make the necessary adjustments.