

SHADY SIDE

ACADEMY

Country Day
September 2019

* denotes an upcharge.
Menus are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
26 Back to School Picnic	27 Chicken Sandwich or Breaded Sole* Noodles Roasted Carrots	28 Hamburger or BBQ Turkey Meatballs Potato Chips Corn on the Cob	29 Philly Cheese Steak or Fish Sticks Ranch Potatoes Vegetable Medley	30 Cheese Pizza or Pepperoni Pizza Risotto Green Beans
2 Labor Day No Classes!	3 Beef Hot Dogs or Chicken Caesar Wrap Spiral Fries Peas	4 Gyros or Artichoke Bruschetta Roasted Potatoes Asparagus	5 Manicotti or Roasted Tilapia* Breadsticks Roasted Broccoli	6 BBQ Ranch Chicken Pizza or Cheese Pizza Couscous Corn
9 Chicken Tenders or BBQ Tofu Sliders Quinoa Green Beans	10 General Tso's Chicken or Vegetable Stir Fry Steamed Rice Vegetable Medley	11 Chicken Quesadilla or Bean Burritos Mexican Rice Corn	12 No Classes!	13 Stuffed Crust Pizza or Potato Crusted Cod* Buttered Noodles Glazed Carrots
16 BBQ Beef or Broccoli Cheddar Quiche Au Gratin Potatoes Parmesan Cauliflower	17 Potato Chip Chicken Or Parmesan Pesto Fish* Farfalle Asparagus	18 Waffles or Cheesy Scrambled Eggs Cinnamon rolls Baked Apples	19 Sweet Italian Sausage or White Cheddar Mac & Cheese Sautéed Zucchini Vegetable Medley	20 Sausage & Pepperoni Flatbread or Cheese Flatbread Lemon Orzo Broccoli
23 Popcorn Chicken or Tuna Salad Sandwich Rice Pilaf Corn	24 Roasted Turkey or Eggplant Parm Panini Mashed Potatoes Sautéed Kale	25 BBQ Boneless Wings Or Cheesy Bread Boats Tortilla Chips Vegetable Medley	26 Herb Crusted Pork or Grilled Cheese Noodles Roasted Cauliflower	27 Cheese Pizza or Parmesan Crusted Cod* Quinoa Peas

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A complete school lunch consists of: soup, salad, entrée (cold or hot), 2 side dishes, fruit, & milk.
We feature locally source vegetables daily (some grown right here on the SSA farm)!