







elmwood franklin school September 6-8 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	
	<p>SCHOOL CLOSED— Labor Day</p>	<p>Welcome Day/ New Student Orientation</p>	<p>Chicken Sandwich GF, DF</p> <p>Mixed Vegetables GF, DF, V</p> <p>Mashed Potatoes GF, V</p>	<p>Grilled Cheese GF, DF, V</p> <p>Sweet Potato Fries GF, DF, V</p> <p>Cauliflower GF, DF, V</p>	<p>Pepperoni GF or Cheese GF, V Pizza</p> <p>Dinner Roll GF, DF, V</p> <p>Carrots GF, DF, V</p>	<p>GF, DF = GF / DF Meal Substitution Available (Upon Request) V = vegetarian option</p> <p>Daily Deli Sandwich Options**</p> <p>Turkey Roast Beef Cheese SunButter and Jelly Hummus Wrap</p> <p>Daily Salad & Fruit Bar</p> <p>Lettuce Bacon Bits Carrot Sticks Croutons Crumbled Eggs Cucumbers Dressings Olives Pepperoncini Shredded Cheddar Tomatoes Fresh Fruit</p>
			<p>Vegetable Frittata GF, DF, V</p>	<p>Veggie Flat Bread GF, DF, V</p>	<p>Basil Pesto Penne Pasta GF, V</p>	
			<p>Breakfast Sandwich Bagel, Egg GF, DF, V, and Sausage</p>	<p>Egg Salad Pita V</p>	<p>Caesar Salad V with Chicken</p>	
			<p>Chicken Noodle GF, DF</p>	<p>Italian Wedding Soup</p>	<p>Ham and Potato</p>	
<p>Mid-Morning Snack^</p>			<p>Sun Chips</p>	<p>Goldfish</p>	<p>Graham Crackers</p>	

*Gluten-free and Dairy-free meal substitution upon request.





^Gluten-free (GF) and dairy-free (DF) snack alternatives are provided daily, as needed.

Menu items may contain ingredients known to cause allergic reactions in some people, including peanuts, tree nuts, soy, milk, seafood, shellfish, wheat/gluten, and eggs.
Please check with your chef manager if you have sensitivity or allergy to any of these food items.



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September 11-15 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	
	Cheese Tortellini Marinara ^V Bread Stick ^{DF, V} Buttered Peas ^{GF, V}	Beef Tacos ^{GF, DF} Rice ^{GF, DF, V} Mixed Vegetables with Butter ^{GF, V}	Mac & Cheese ^{GF, V} Dinner Roll ^V Green Beans ^{GF, DF, V}	Sloppy Joe Sandwich ^{GF, DF} Tater Tots ^{GF, DF, V} Broccoli ^{GF, DF, V}	<i>Go Bills!</i> Buffalo Chicken Pizza or Cheese ^{GF, V} Pizza Carrot Sticks ^{GF, DF, V}	<p>GF, DF = GF / DF Meal Substitution Available (Upon Request) ^V = vegetarian option</p> <p>Daily Deli Sandwich Options** Turkey Roast Beef Cheese SunButter and Jelly Hummus Wrap</p> <p>Daily Salad & Fruit Bar Lettuce Bacon Bits Carrot Sticks Croutons Crumbled Eggs Cucumbers Dressings Olives Pepperoncini Shredded Cheddar Tomatoes Fresh Fruit</p>
	Turkey Burger ^{GF, DF}	Black Bean Burger ^V	Roasted Red Pepper & Olive Oil Pasta ^{GF, DF, V}	Tofu Pulled "Chicken" ^{GF, DF, V} on a Bun	Marinated Stuffed Portobello Mushroom ^V	
	BLT Wrap ^{DF}	Hummus Wrap ^{GF, DF, V}	Chicken Ranch Pita	Turkey & Cucumber Sandwich	Ham and Swiss on Rye	
	Cream of Broccoli and Cheddar ^V	Split Pea and Ham	Corn Chowder ^V	Chicken Gnocchi	Manhattan Clam Chowder ^{GF, DF}	
Mid-Morning Snack ^A	Ritz Crackers and Cheese Stick	Pretzels	Salsa Sun Chips	Belly Bears	Jungle Crackers	

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September 18-22 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	
	Cheeseburger^{GF} Fries ^{DF, V} Cole Slaw ^{GF, V}	Chicken Tacos^{GF, DF} Broccoli ^{GF, DF, V} Rice ^{GF, DF, V}	Pulled Pork^{GF, DF} Sandwich Sweet Potato Fries ^{GF, DF, V} Carrots ^{GF, DF, V}	Hot Dogs^{GF, DF} Tater Tots ^{GF, DF, V} Baked Beans ^{GF, DF}	Greek Pizza or Cheese^{GF, V} Pizza Dinner Roll ^{GF, DF, V} Green Beans ^{GF, DF, V}	<p>GF, DF = GF / DF Meal Substitution Available (Upon Request) ^V = vegetarian option</p> <p>Daily Deli Sandwich Options** Turkey Roast Beef Cheese SunButter and Jelly Hummus Wrap</p> <p>Daily Salad & Fruit Bar Lettuce Bacon Bits Carrot Sticks Croutons Crumbled Eggs Cucumbers Dressings Olives Pepperoncini Shredded Cheddar Tomatoes Fresh Fruit</p>
	Vegetable Frittata ^{GF, DF, V}	Chickpea Vegan Sandwich on Whole Wheat ^V	Greek Style Flat Bread ^V	Falafel Pita ^{GF, DF, V}	Basil Pesto Pasta ^{GF, V}	
	Ham, Salami, and Provolone on Focaccia	Egg Salad Pita ^V	Chicken Curry Pita ^{DF}	Tuna Wrap ^{DF}	Reuben ^{GF} Sandwich on Rye	
	French Onion	Split Pea & Ham	Cream of Broccoli ^V	Chicken Tortilla Soup ^{GF, DF}	New England Clam Chowder ^{GF}	
Mid-Morning Snack^A	Clementines	Blue Berry Muffins	Graham Crackers	Bananas	Chef's Choice	

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September 25-29 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	
	SCHOOL CLOSED— Yom Kippur	Chicken Tenders Tater Tot ^{GF, DF, V} Broccoli ^{GF, DF, V}	Burger on Pretzel Roll ^{GF, DF} Roasted Potatoes ^{GF, DF, V} Carrots ^{GF, DF, V}	Meatball Bomber Carrots ^{GF, DF, V} Brown Rice ^{GF, DF, V}	Pizza Pepperoni^{GF} or Cheese^{GF, V} Dinner Roll ^{GF, DF, V} Carrots ^{GF, DF, V}	<p>GF, DF = GF / DF Meal Substitution Available (Upon Request) ^V = vegetarian option</p> <p>Daily Deli Sandwich Options** Turkey Roast Beef Cheese SunButter and Jelly Hummus Wrap</p> <p>Daily Salad & Fruit Bar Lettuce Bacon Bits Carrot Sticks Croutons Crumbled Eggs Cucumbers Dressings Olives Pepperoncini Shredded Cheddar Tomatoes Fresh Fruit</p>
		Roasted Red Pepper Pasta ^{GF, DF, V}	Black Bean Burger ^V	Greek Style Flat Bread ^{GF, V}	Pasta Primavera ^{GF, DF, V}	
		Roasted Veggie Wrap ^V	Cheese or Vegan ^V Quesadilla	Turkey and Cheese Focaccia	Tuna Wrap ^{DF}	
		Tomato Soup ^V	Chicken Noodle ^{GF, DF}	Beans and Greens ^{GF, DF, V}	Minestrone Soup ^V	
Mid-Morning Snack[^]		Clementines	Gummy Snacks	Mini Rice Cakes	Belly Bears	

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