

Each month the Kenwood School Lunch menu will be available in our weekly newsletter and on our website for you to choose your lunches. Lunches will be ordered a week in advance for the whole week. Your lunch order will be due each Friday by 3:00.

# September & October 2020 Kenwood School Lunch Menu

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |
|--|---|---|--|---|
| 21   | 22  | 23  | 24   | 25  |
| <b>Pulled BBQ Sandwiches</b><br>Shredded chicken mixed with bbq sauce<br>-Pickles on the side<br>-Fruit      | <b>Chicken Burrito</b><br>Steamed rice, chicken, and shredded cheese in a flour tortilla<br>-Chips & salsa              | <b>Cuban Sandwich Wrap</b><br>w/ham, swiss, mustard and pickles<br>-Green salad<br>Enjoy warm or cold!    | <b>Chicken Parm Sandwich</b><br>Breaded chicken patty with marinara sauce & cheese<br>-Vegetable & Fruit | <b>Pesto Pasta</b><br>Creamy pesto sauce mixed with al dente pasta<br>-Caesar salad                           |
| 28   | 29  | 30  | 1  | 2   |
| <b>Meatball Sandwiches</b><br>Meatballs w/homemade marinara<br>-Cheese on the side<br>-Vegetable & Fruit     | <b>BBQ Chicken</b><br>w/cornbread and baked beans<br>-Fruit   | <b>Spaghetti</b><br>Homemade marinara sauce mixed with al dente spaghetti<br>-Caesar salad                | <b>Teriyaki Chicken</b><br>Soy, ginger, and garlic chicken over steamed rice<br>-Fruit                   | <b>Cheese Tortellini</b><br>Three cheese blend tortellini with homemade marinara<br>-Green salad              |
| 5  | 6   | 7   | 8  | 9   |
| <b>Cold Turkey Sandwich</b><br>w/sliced cheese<br>-mayo, mustard & pickles<br>-Vegetable & Fruit<br>-Dessert | <b>Spinach Lasagna</b><br>Homemade marinara sauce layered with mozzarella, ricotta, and lasagna noodles<br>-Green salad | <b>Caribbean Chicken</b><br>Garlic, cinnamon and herb chicken over black beans and steamed rice<br>-Fruit | <b>Cheese Pizza</b><br>with homemade marinara and mozzarella cheese<br>-Caesar salad                     | <b>Fried Rice</b><br>Steamed white rice sautéed with ginger, garlic, carrots, green onion & egg<br>-Vegetable |
| 12   | 13  | 14  | 15   | 16  |
| <b>Chicken Pesto Sandwich</b><br>Breaded chicken patty with pesto sauce<br>-Caesar salad                     | <b>Chow Mein</b><br>Yakisoba noodles sautéed with ginger, garlic, carrots, green onion & soy sauce<br>-Potstickers      | <b>Macaroni &amp; Cheese</b><br>Homemade cheese sauce mixed with al dente pasta<br>-Green salad           | <b>Hot Dog</b><br>Served with homemade potato salad<br>-Vegetable & Fruit                                | <b>Spaghetti</b><br>Homemade marinara sauce mixed with al dente spaghetti<br>-Vegetable & Fruit               |
| 19   | 20  | 21  | 22   | 23  |
| <b>Cold Turkey Sandwich</b><br>w/sliced cheese<br>-mayo, mustard & pickles<br>-Vegetable & Fruit<br>-Dessert | <b>Beef Burrito</b><br>Steamed rice, beef, and shredded cheese in a flour tortilla<br>-Chips & salsa                    | <b>Cheese Pizza</b><br>with homemade marinara and mozzarella cheese<br>-Caesar salad                      | <b>Chicken Tikka</b><br>Garlic, tomatoes, & Indian spices w/steamed rice<br>-Vegetable & Fruit           | <b>Cheese Ravioli</b><br>Three cheese blend tortellini with homemade marinara<br>-Green salad                 |