

# The International School Lunch Menu

## September 2008



Dates	Tuesday – Always Vegetarian	Thursday – Always Vegetarian	Friday
<b>Sept 8-12</b>	Red Pepper Quiche Risotto Mixed Vegetables Fresh Fruit	Chili Mac w/Cheddar Cheese Cornbread Peas and Carrots Fresh Fruit	Black Bean Burgers Spanish Rice Corn Fresh Fruit
<b>Sept 15-19</b>	Hummus Pizza Refried Beans w Cheddar Peas Fresh Fruit	Teriyaki Basmati and Wild Rice Pita Bread Mixed Vegetables Fresh Fruit	Spaghetti w/Lentil Tomato Sauce Polenta Mixed Vegetables Fresh Fruit
<b>Sept 22-26</b>	Asian Style Brown Rice Vegetable Potsticker Peas Fresh Fruit	Fiesta Bowtie Pasta Refried Beans w/Cheddar Corn Fresh Fruit	Turkey and Quinoa Pilaf Polenta Edamame Fresh Fruit **Contains Meat**