



Email: SpicyGreenGourmet@fronter.com

KESTREL HEIGHTS

Phone: 919-220-6040

SEPT 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>4</p> <p>Beef Tacos Yellow Corn Seasonal Fruit OR Black Bean Tacos Yellow Corn Seasonal Fruit</p> <p>Tacos are Gluten Free</p>	<p>5</p> <p>Spaghetti & Meatballs Broccoli Pineapple OR Cheesy Baked Spaghetti Broccoli, Pineapple</p>	<p>6</p> <p>Chicken n Waffles Mac n Cheese Watermelon OR Mac n Cheese Green Beans Watermelon</p>	<p>7</p> <p>I HEART PIZZA (2) Cheese Pizza Fruit Cup</p>
<p>10</p> <p>Classic Burger Add Cheese Option Potato Wedges Peaches Burger Bun OR Black Bean Veggie Burger Potato Wedges Peaches Burger Bun</p>	<p>11</p> <p>(2) Chicken Tacos Yellow Corn Seasonal Fruit OR (2) Black Bean Tacos Yellow Corn Seasonal Fruit</p> <p>Tacos are Gluten Free</p>	<p>12</p> <p>Chicken Tenders Green Beans Mandarin Oranges OR Veggie Chicken Tenders Green Beans Mandarin Oranges</p>	<p>13</p> <p>Cheeseburger Mac Carrots Spiced Apples OR 3 Cheese Macaroni Carrots Spiced Apples</p>	<p>14</p> <p>I HEART PIZZA (2) Cheese Pizza Fruit Cup</p>
<p>17</p> <p>Pulled BBQ Chicken Sandwich Potato Wedges Green beans OR Veggie Chicken Sandwich Potato Wedges Green beans</p>	<p>18</p> <p>Beef Tacos Yellow Corn Seasonal Fruit OR Black Bean Tacos Yellow Corn Seasonal Fruit</p> <p>Tacos are Gluten Free</p>	<p>19</p> <p>Lemon Rosemary Chicken Steam Rice Broccoli OR Veggie-Rice Stir Fry Bowl Broccoli & Fruit (GF)</p>	<p>20</p> <p>Chicken Alfredo Carrots & Ranch Seasonal Fruit OR Veggie Alfredo Carrots & Ranch Seasonal Fruit</p>	<p>21</p> <p>I HEART PIZZA (2) Cheese Pizza Fruit Cup</p>
<p>24</p> <p>Baked Beef Spaghetti Green Beans, Seasonal fruit Or Baked Cheese Spaghetti Green Beans, Seasonal Fruit</p>	<p>25</p> <p>(2) Chicken Tacos Yellow Corn Seasonal Fruit OR (2) Black Bean Tacos Yellow Corn Seasonal Fruit</p> <p>Tacos are Gluten Free</p>	<p>26</p> <p>Chicken Tenders Green Beans Mandarin Oranges OR Veggie Chicken Tenders Green Beans Mandarin Oranges</p>	<p>27</p> <p>Classic Burger Add Cheese Option Potato Wedges Peaches Burger Bun OR Black Bean Veggie Burger Potato Wedges Peaches Burger Bun</p>	<p>28</p> <p>I HEART PIZZA (2) Cheese Pizza Fruit Cup</p>