



# KESTREL HEIGHTS

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## SEPTEMBER 2019

AMERICAN MONDAY	TUESDAY	WACKY WEDNESDAY	INTERNATIONAL THURSDAY	PIZZA FRIDAY
<p>2</p> <p><b>Labor Day</b></p>	<p>3</p> <p><b><u>Make your own Taco:</u></b>  <b>Chicken</b>  or  <b>Veggie Chicken</b>  Flour Tortilla, Cheese  Served with Rice &amp; Black Beans</p>	<p>4</p> <p><b><u>Breakfast for Lunch</u></b>  Scrambled Eggs, Bacon, Hash brown,  Pancake    Scrambled Egg, Hash brown, Pancake</p>	<p>5</p> <p><b>Homemade Mac n Cheese</b>  Green Beans, Spiced Apples</p>	<p>6</p> <p><b><u>I HEART PIZZA</u></b>  <b>(2) Cheese Pizza w/ Fruit Cup</b>    <b>(2) Pepperoni Pizza w/ Fruit Cup</b></p>
<p>9</p> <p><b>BBQ Chicken Thighs</b>  Mac n Cheese, Green Beans    <b>Mac n Cheese</b>  Green Beans, Fruit</p>	<p>10</p> <p><b>Chicken Quesadilla</b>  SW Rice, Spiced Pineapple,  Salsa    <b>Cheese Quesadilla</b>  SW Rice &amp; Spiced Pineapple,  Salsa</p>	<p>11</p> <p><b><u>Deli Day</u></b>  <b>Turkey-Provolone Sandwich</b>  Sun Chips, Fresh Fruit    <b>Veggie Wrap</b>  Sun Chips, Fresh Fruit</p>	<p>12</p> <p><b>Jerk Chicken</b>  Rice, Grilled Veggies    <b>Veggie Chicken</b>  Rice, Grilled Veg</p>	<p>13</p> <p><b><u>I HEART PIZZA</u></b>  <b>(2) Cheese Pizza w/ Fruit Cup</b>    <b>(2) Pepperoni Pizza w/ Fruit Cup</b></p>
<p>16</p> <p><b>Sloppy Joe</b>  Roasted Potatoes, Green Beans, Bun    <b>Veggie Sloppy Joe</b>  <b>Roasted Potatoes, Green Beans, Bun</b></p>	<p>17</p> <p><b><u>Make your own Taco:</u></b>  <b>Beef</b>  or  <b>Veggie Beef</b>  Flour Tortilla, Cheese  Served with Rice &amp; Black Beans</p>	<p>18</p> <p><b>Chicken &amp; Waffles</b>  Glazed Carrots, Spiced Apples    <b>Veggie Chicken &amp; Waffles</b>  Glazed Carrots, Spiced Apples</p>	<p>19</p> <p><b>Hibachi Chicken</b>  Fried Rice, Stir Fry Veg  Or  <b>Veggie Pad Thai</b>  (Grilled Chicken Option)</p>	<p>20</p> <p><b><u>I HEART PIZZA</u></b>  <b>(2) Cheese Pizza w/ Fruit Cup</b>    <b>(2) Pepperoni Pizza w/ Fruit Cup</b></p>
<p>23</p> <p><b>Baked Beef Spaghetti</b>  Green Beans, Spiced Apples  <b>OR</b>  <b>Baked Cheese Spaghetti</b>  Green Beans, Spiced Apples</p>	<p>24</p> <p><b>Cheese Quesadilla</b>  SW Rice &amp; Spiced Pineapple,  Salsa    <b>Chicken Quesadilla</b>  SW Rice, Spiced Pineapple,  Salsa</p>	<p>25</p> <p><b>Mac n Cheese</b>  w/ Green Beans &amp; Fruit Cup</p>	<p>26</p> <p><b>Beef Lasagna</b>  Broccoli, Spiced Apples  <b>OR</b>  <b>Cheese Lasagna</b>  Broccoli, Spiced Apples</p>	<p>27</p> <p><b><u>I HEART PIZZA</u></b>  <b>(2) Cheese Pizza w/ Fruit Cup</b>    <b>(2) Pepperoni Pizza w/ Fruit Cup</b></p>
<p>30</p> <p><b>Classic Cheeseburger</b>  Potato Wedges, Spiced Peaches, Bun    <b>OR</b>  <b>Veggie Burger</b>  Potato Wedges, Spiced Peaches, Bu</p>				