

Natomas Charter School – Star Academy

LUNCH MENU

<p><u>Sep 5</u></p> <p>HOLIDAY</p>	<p><u>Sep 6</u></p> <ul style="list-style-type: none"> - Chicken and Cheese Enchilada with Red Sauce, Spanish Rice, Steamed Corn and Fresh Fruit - All Natural Bean and Cheese Burrito with Baby Carrots and Fresh Fruit 	<p><u>Sep 7</u></p> <ul style="list-style-type: none"> - Deep Dish Cheese Pizza with Baby Carrots and Fresh Fruit 	<p><u>Sep 8</u></p> <ul style="list-style-type: none"> - NEW!! Vegetarian Sloppy Joe on a Fresh Baked Bun with Celery Sticks, Sunflower Seeds and Fresh Fruit - Chicken Salad Sandwich with Green Leaf Lettuce, Sea Salt Pita Chips and Fresh Fruit 	<p><u>Sep 9</u></p> <ul style="list-style-type: none"> - Pasta Marinara with Parmesan, White Beans, Steamed Carrots and Fresh Fruit
<p><u>Sep 12</u></p> <ul style="list-style-type: none"> - Chicken Teriyaki with Bok Choy Stir Fry and Brown Rice and Fresh Fruit - Tofu Teriyaki with Bok Choy Stir Fry and Brown Rice, Yogurt, Sunflower Seeds and Fresh Fruit 	<p><u>Sep 13</u></p> <ul style="list-style-type: none"> - Macaroni and Cheese with Baked Beans, Baby Carrots and Fresh Fruit 	<p><u>Sep 14</u></p> <ul style="list-style-type: none"> - Handmade Cheese Tamale with Seasoned Black Beans, White Rice, Steamed Corn and Fresh Fruit - Chicken Caesar Salad with Romaine Lettuce, Caesar Dressing, Individual Whole Grain Cheddar Goldfish Crackers and Fresh Fruit 	<p><u>Sep 15</u></p> <ul style="list-style-type: none"> - Grilled Chicken Sandwich on a Fresh Baked Bun with Mayonnaise on the Side, Baby Carrots and Fresh Fruit - Pasta Alfredo with White Beans, Fresh Butternut Squash and Fresh Fruit 	<p><u>Sep 16</u></p> <ul style="list-style-type: none"> - Bean and Cheese Quesadilla with Hot Sauce, Baby Carrots and Fresh Fruit - All Natural Boneless BBQ Chicken with Brown Rice, Braised Greens and Fresh Fruit

<p><u>Sep 19</u></p> <ul style="list-style-type: none"> - Revy Cheeseburger on a Fresh Baked Bun with Organic Ketchup, Baby Carrots and Fresh Fruit - Pasta Marinara with Parmesan, White Beans, Steamed Carrots and Fresh Fruit 	<p><u>Sep 20</u></p> <ul style="list-style-type: none"> - BBQ Chicken Sandwich with Cheese, Celery Sticks and Fresh Fruit - Spaghetti Marinara with Vegetarian Meat Sauce, White Beans, Steamed Carrots and Fresh Fruit 	<p><u>Sep 21</u></p> <ul style="list-style-type: none"> - Vegetable Cheese Lasagna with Tomato Marinara Sauce and Fresh Fruit 	<p><u>Sep 22</u></p> <ul style="list-style-type: none"> - Cheese Enchilada with Red Sauce, Spanish Rice, Steamed Corn and Fresh Fruit - Beef and Cheese Taco Salad with Romaine Lettuce, Taco Salad Dressing, Sea Salt Pita Chips and Fresh Fruit 	<p><u>Sep 23</u></p> <ul style="list-style-type: none"> - All Natural Bean and Cheese Burrito with Baby Carrots and Fresh Fruit - All Natural Turkey and Cheese Sandwich on a Fresh Baked Roll with Green Leaf Lettuce, Mayonnaise on the Side, Sea Salt Pita Chips and Fresh Fruit
<p><u>Sep 26</u></p> <ul style="list-style-type: none"> - Chicken Parmesan with Alfredo Fusilli Pasta, Fresh Steamed Broccoli and Fresh Fruit - Handmade Cheese Tamale with Seasoned Black Beans, White Rice, Steamed Corn and Fresh Fruit 	<p><u>Sep 27</u></p> <ul style="list-style-type: none"> - Chicken Pasta Alfredo with Fresh Butternut Squash and Fresh Fruit - Pasta Alfredo with White Beans, Fresh Butternut Squash and Fresh Fruit 	<p><u>Sep 28</u></p> <ul style="list-style-type: none"> - Veggie Chili with Cheese, Whole Wheat Dinner Roll and Fresh Fruit - Dairy Free All Natural Beef and Bean Chili with Whole Wheat Dinner Roll and Fresh Fruit 	<p><u>Sep 29</u></p> <ul style="list-style-type: none"> - Macaroni and Cheese with Baked Beans, Baby Carrots and Fresh Fruit - All Natural Boneless BBQ Chicken with Brown Rice, Braised Greens and Fresh Fruit 	<p><u>Sep 30</u></p> <ul style="list-style-type: none"> - Pasta with Zesty Beef and Cheese, Steamed Corn and Fresh Fruit - Tofu Teriyaki with Bok Choy Stir Fry and Brown Rice, Yogurt, Sunflower Seeds and Fresh Fruit