

# SEPTEMBER



**(FOOD FOR THOUGHT)**  
Did you know that gardening makes you smarter? Studies show that increased physical activity gives your brain a boost!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Blank Sunday cell

**1**  
LABOR DAY

**2** Natural Pepperoni Pizza  
Cheese Pizza  
Natural Meatball Sub

**3** Chicken Eggroll with Veggie Fried Rice  
Toasted Cheese/GF Cheese\* Sandwich  
BBQ Pork Ribs\* with Biscuit

**4** Natural Beef Nachos\* with Cheese Sauce  
Bean Nachos\* with Cheese Sauce  
Cranberry Chicken Salad\* with Pita Bread  
Fiesta Corn\*

**5** Natural Hot Dog\*  
Sweet Potato Black Bean Poblano Enchilada  
Pulled Pork\* Soft Taco

**6**

**7**

**8** Natural Pepperoni Pizza  
Cheese Pizza  
Toasted Turkey and Cheese Sandwich

**9** Centennial Chicken\* Street Tacos  
Fireside Broccoli Cheese Stuffed Potato\* with Biscuit  
Penne Pasta w/ Sausage & Kale Mexican Rice\*  
 Fresh Tomato Pico De Gallo\*

**10** Callicrate Natural Hamburger\*  
LaCasita Green Chile and Cheese Tamale\*  
Boulder Natural Crispy Chicken Bowl  
Local Corn on the Cob  
COLORADO PROUD DAY

**11** BBQ Pulled Pork\* Sandwich  
Macaroni and Cheese  
Beef and Broccoli Stirfry over Rice\*

**12** Roasted Turkey,\* Biscuit and Gravy  
Nederland Quinoa Patty\* with Biscuit  
Hot Italian Hoagie  
Mashed Potatoes\* and Gravy

**13**

**14**

**15** Natural Pepperoni Pizza  
Cheese Pizza  
Natural Meatball Sub

**16** Natural Hot Dog\*  
Cheese/GF Cheese\* Quesadilla  
Korean BBQ  
Turkey\* Sliders

**17** Natural Beef Nachos\* with Cheese Sauce  
Bean Nachos\* with Cheese Sauce  
Monarch K-8 Philly Cheesesteak  
Mexican Rice\*

**18** Oven Fried Chicken with Biscuit  
Toasted Cheese/GF Cheese\* Sandwich  
BBQ Pork Ribs\* with Biscuit  
 Fresh Tomato Cucumber Salad\*

**19** Chicken Potstickers with Fried Rice  
Polenta and Roasted Veggies\*  
Turkey Burger\* with Cranberry Horseradish Mayo

**20**

**21**

**22** Cheese Pizza  
 Pesto Pizza with Fresh Colorado Tomatoes  
Black Bean Veggie Burger

**23** Natural Hamburger\*  
Crispy Teryaki Tofu and Rice Bowl\*  
Chicken Enchiladas  
Oven Baked Fries\*

**24** Spaghetti Marinara and Meatballs  
Spaghetti Marinara  
Chicken Quesadilla  
 Fresh Tomato Cucumber Salad\*

**25** Roasted Turkey,\* Biscuit and Gravy  
Cheese Ravioli and Breadstick  
Bratwurst and Saurkraut\*  
Mashed Potatoes\* and Gravy

**26** Chicken Burrito  
Bean and Cheese Burrito  
Turkey Reuben  
Refried Beans\*

**27**

**28**  
  
Allergen information at [www.bvsvd.org/food](http://www.bvsvd.org/food)

**29** Natural Pepperoni Pizza  
Cheese Pizza  
Pulled Pork\* Sandwich

**30** Natural Hot Dog\*  
Falafel\* with Pita Bread  
Hot Italian Hoagie  
BBQ Baked Beans\*

Blank Wednesday cell

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