

Peachtree Road Lutheran Preschool  
Lunch Menu - September 2019

2 LABOR DAY NO SCHOOL	3 Chicken breast Spaghetti with tomato- basil sauce Green peas	4 Pork sausage crumble Parmesan cheese stone ground grits Vegetable riced confetti	5 Beef tacos Sour cream, guacamole, Black beans, Pico de gallo	6 Chicken breast Corn on the cobb Basmati rice
9 Turmeric turkey breast Basmati brown rice and riced cauliflower pilaf	10 Chicken breast Roasted sweet potatoes Herbed quinoa	11 Italian meatballs Penne pasta Green beans	12 Mahi Mahi Basmati rice Green peas	13 Beef and lamb Meatloaf Mashed potatoes Sweet corn
16 Chicken quesadilla Sour cream Black beans	17 Bratwurst Basmati rice Broccoli	18 Salmon Turmeric riced cauliflower Roasted potatoes	19 Mexican lasagna Ground beef, beans, salsa, sour cream, queso quesadilla.	20 Turkey breast Bowtie pasta with marinara sauce Green peas
23 BBQ chicken Mashed sweet potatoes Green beans	24 Pulled pork Quinoa Chuckwagon corn blend	25 Chicken breast Penne pasta with pesto Broccoli	26 Chicken stroganoff Brown rice with julienne carrots	27 Ground beef and mixed beans chili
30 Baked ziti with turkey bacon and ham Broccoli				

- Kids with special diets will be served a different meal to fit their needs.
- Menu might change according to availability of items
- For questions and comments please contact me at [chefrogerio@live.com](mailto:chefrogerio@live.com)

By Executive Chef Rogerio Martins