

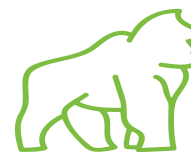
**GOURMET  
GORILLA**

# FALL LUNCH MENU

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Monday, September 1  Beef Sloppy Joe <i>Vegetarian Sloppy Joe</i> WG Hamburger Bun Green Beans Applesauce	Tuesday, September 2  Creamy Mac & Cheese Broccoli Pear Slices	Wednesday, September 3  Bell & Evans Chicken Nuggets <i>GF/DF/EF Veggie Nuggets</i> WG Bread Steamed Carrots Pineapple Ketchup	Thursday, September 4  Penne Pasta w/Turkey Bolognese Sauce <i>Penne Pasta w/Veggie Bolognese Sauce</i> Steamed Peas Fruit Salad CH	Friday, September 5  Pizza Muffin Marinara Sauce Cauliflower Orange Slices
Monday, September 8  Ravioli w/Marinara Sauce Mozzarella Cheese Garlic Green Beans Apple Slices	Tuesday, September 9  Zesty BBQ Chicken <i>Zesty BBQ Tofu</i> Brown Rice Steamed Peas Pear Slices	Wednesday, September 10  Riso al Forno <i>Greek Tomato Lentils w/Brown Rice</i> Broccoli Pineapple	Thursday, September 11  Turkey Sausage Patties <i>Veggie Sausage Patties</i> WG Pancake Cucumber Slices Melon Mixed Berry Compote	Friday, September 12  WG Chicken Patty <i>Black Bean Burger</i> WG Hamburger Bun Steamed Carrots Applesauce Ketchup
Monday, September 15  Chicken Tinga <i>Veggie Taco "Meat"</i> Flour Tortilla Red Pepper Strips Pear Slices Salsa	Tuesday, September 16  Rotini w/Tomato Cream Sauce Mozzarella Cheese Squash Medley Apple Slices	Wednesday, September 17  Turkey Chili <i>Three Bean Chili</i> Cornbread Roasted Potatoes Melon Shredded Cheddar Cheese	Thursday, September 18  Bell & Evans Chicken Nuggets <i>GF/DF/EF Veggie Nuggets</i> WG Bread Broccoli Fruit Salad CP Ketchup	Friday, September 19  Tortellini w/Marinara Sauce Mozzarella Cheese Steamed Carrots Applesauce
Monday, September 22  Sweet Thai Chili Meatballs <i>Sweet Thai Chili Tofu</i> Brown Rice Squash Medley Apple Slices	Tuesday, September 23  Penne w/Tomato Cream Sauce Mozzarella Cheese Steamed Carrots Pear Slices	Wednesday, September 24  Turkey Meatloaf <i>Veggie Meatloaf</i> WG Bread Mashed Potatoes Fruit Salad HP Gravy	Thursday, September 25  Pizza Bread Marinara Sauce Broccoli Pineapple	Friday, September 26  Savory Hoisin-Glazed Chicken <i>Savory Hoisin-Glazed Tofu</i> (Not So) Fried Rice Red Pepper Strips Orange Slices

WG= Whole Grain  
CHP= Cantaloupe, Honeydew, Pineapple



**GOURMET  
GORILLA**

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Monday, September 1

Beef Sloppy Joe  
GF/DF/EF Hamburger Bun  
Green Beans  
Applesauce

Tuesday, September 2

GF/DF/EF Mac & Cheese  
GF/DF/EF Turkey Meatballs  
Broccoli  
Pear Slices

Wednesday, September 3

GF/DF/EF Veggie Nuggets  
GF/DF/EF Bread  
Steamed Carrots  
Pineapple  
Ketchup

Thursday, September 4

GF/DF/EF Penne  
GF/DF/EF Turkey Bolognese Sauce  
Steamed Peas  
Fruit Salad CH

Friday, September 5

GF/DF/EF Bean & Cheese Tamale  
Cauliflower  
Orange Slices

Monday, September 8

GF Penne w/Marinara Sauce  
GF/DF/EF Turkey Meatballs  
Garlic Green Beans  
Apple Slices

Tuesday, September 9

Zesty BBQ Chicken  
Brown Rice  
Steamed Peas  
Pear Slices

Wednesday, September 10

GF/DF/EF Penne  
Turkey Bolognese Sauce  
Broccoli  
Pineapple

Thursday, September 11

Turkey Sausage Patties  
GF/DF/EF Waffle  
Cucumber Slices  
Melon  
Mixed Berry Compote

Friday, September 12

GF/DF/EF Baked Chicken  
GF/DF/EF Hamburger Bun  
Steamed Carrots  
Applesauce  
Ketchup

Monday, September 15

Chicken Tinga  
Corn Tortilla  
Red Pepper Strips  
Pear Slices  
Salsa

Tuesday, September 16

GF/DF/EF Penne  
GF/DF/EF Turkey Bolognese Sauce  
Squash Medley  
Apple Slices

Wednesday, September 17

Turkey Chili  
GF/DF/EF Bread  
Roasted Potatoes  
Melon

Thursday, September 18

GF/DF/EF Veggie Nuggets  
GF/DF/EF Bread  
Broccoli  
Fruit Salad CP  
Ketchup

Friday, September 19

GF Penne w/Marinara Sauce  
GF/DF/EF Turkey Meatballs  
Steamed Carrots  
Applesauce

Monday, September 22

GF/DF/EF Sweet Thai Chili  
Turkey Meatballs  
Brown Rice  
Squash Medley  
Apple Slices

Tuesday, September 23

GF/DF/EF Penne  
GF/DF/EF Turkey Bolognese Sauce  
Steamed Carrots  
Pear Slices

Wednesday, September 24

GF/DF/EF Turkey Meatloaf  
GF/DF/EF Bread  
DF Mashed Potatoes  
Fruit Salad HP  
GF/DF/EF Gravy

Thursday, September 25

GF/DF/EF Bean & Cheese Tamale  
Broccoli  
Pineapple

Friday, September 26

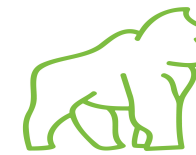
Savory Hoisin-Glazed Chicken  
(Not So) Fried Rice  
Red Pepper Strips  
Orange Slices

All items on this menu are gluten-free/dairy-free/egg-free.  
CHP= Cantaloupe, Honeydew, Pineapple

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# FALL GF/DF/EF LUNCH MENU

September 2025



**GOURMET  
GORILLA**

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Monday, September 1

Creamy Mac & Cheese  
Green Beans  
Applesauce

Tuesday, September 2

Bell & Evans Chicken Nuggets  
WG Bread  
Broccoli  
Pear Slices  
Ketchup

Wednesday, September 3

Penne Pasta Marinara  
Mozzarella Cheese  
Steamed Carrots  
Pineapple

Thursday, September 4

Bell & Evans Chicken Nuggets  
WG Bread  
Steamed Peas  
Fruit Salad CH  
Ketchup

Friday, September 5

Creamy Mac & Cheese  
Cauliflower  
Orange Slices

Monday, September 8

Bell & Evans Chicken Nuggets  
WG Bread  
Garlic Green Beans  
Apple Slices  
Ketchup

Tuesday, September 9

Penne Pasta Marinara  
Mozzarella Cheese  
Steamed Peas  
Pear Slices

Wednesday, September 10

Creamy Mac & Cheese  
Broccoli  
Pineapple

Thursday, September 11

Bell & Evans Chicken Nuggets  
WG Bread  
Cucumber Slices  
Melon  
Ketchup

Friday, September 12

Penne Pasta Marinara  
Mozzarella Cheese  
Steamed Carrots  
Applesauce

Monday, September 15

Creamy Mac & Cheese  
Red Pepper Strips  
Pear Slices

Tuesday, September 16

Bell & Evans Chicken Nuggets  
WG Bread  
Squash Medley  
Apple Slices  
Ketchup

Wednesday, September 17

Creamy Mac & Cheese  
Steamed Peas  
Melon

Thursday, September 18

Penne Pasta Marinara  
Mozzarella Cheese  
Broccoli  
Fruit Salad CP

Friday, September 19

Bell & Evans Chicken Nuggets  
WG Bread  
Steamed Carrots  
Applesauce  
Ketchup

Monday, September 22

Penne Pasta Marinara  
Mozzarella Cheese  
Squash Medley  
Apple Slices

Tuesday, September 23

Bell & Evans Chicken Nuggets  
WG Bread  
Steamed Carrots  
Pear Slices  
Ketchup

Wednesday, September 24

Creamy Mac & Cheese  
Steamed Peas  
Fruit Salad HP

Thursday, September 25

Bell & Evans Chicken Nuggets  
WG Bread  
Broccoli  
Pineapple  
Ketchup

Friday, September 26

Penne Pasta Marinara  
Mozzarella Cheese  
Red Pepper Strips  
Orange Slices

WG= Whole Grain

CHP= Cantaloupe, Honeydew, Pineapple

# FALL COMFORT LUNCH MENU

September 2025

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# FALL VEGAN LUNCH MENU

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Monday, September 1</b>  Vegetarian Sloppy Joe WG Hamburger Bun Green Beans Applesauce	<b>Tuesday, September 2</b>  GF/DF/EF Mac & Cheese Veggie Meatballs Broccoli Pear Slices	<b>Wednesday, September 3</b>  GF/DF/EF Veggie Nuggets WG Bread Steamed Carrots Pineapple Ketchup	<b>Thursday, September 4</b>  Penne Pasta Veggie Bolognese Sauce Steamed Peas Fruit Salad CH	<b>Friday, September 5</b>  GF/DF/EF Bean & Cheese Tamale Cauliflower Orange Slices
<b>Monday, September 8</b>  Penne Pasta w/Marinara Sauce Veggie Meatballs Garlic Green Beans Apple Slices	<b>Tuesday, September 9</b>  Zesty BBQ Tofu Brown Rice Steamed Peas Pear Slices	<b>Wednesday, September 10</b>  Greek Tomato Lentils Brown Rice Broccoli Pineapple	<b>Thursday, September 11</b>  Vegan Sausage Patties GF/DF/EF Waffle Cucumber Slices Melon Mixed Berry Compote	<b>Friday, September 12</b>  Black Bean Burger WG Hamburger Bun Steamed Carrots Applesauce Ketchup
<b>Monday, September 15</b>  Veggie Taco "Meat" Flour Tortilla Red Pepper Strips Pear Slices Salsa	<b>Tuesday, September 16</b>  Penne Pasta Veggie Bolognese Sauce Squash Medley Apple Slices	<b>Wednesday, September 17</b>  Three Bean Chili WG Pita Roasted Potatoes Melon	<b>Thursday, September 18</b>  GF/DF/EF Veggie Nuggets WG Bread Broccoli Fruit Salad CP Ketchup	<b>Friday, September 19</b>  Penne Pasta w/Marinara Sauce Veggie Meatballs Steamed Carrots Applesauce
<b>Monday, September 22</b>  Sweet Thai Chili Tofu Brown Rice Squash Medley Apple Slices	<b>Tuesday, September 23</b>  Penne Pasta Veggie Bolognese Sauce Steamed Carrots Pear Slices	<b>Wednesday, September 24</b>  Veggie Burger WG Hamburger Bun DF Mashed Potatoes Fruit Salad HP	<b>Thursday, September 25</b>  GF/DF/EF Bean & Cheese Tamale Broccoli Pineapple	<b>Friday, September 26</b>  Savory Hoisin-Glazed Tofu (Not So) Fried Rice Red Pepper Strips Orange Slices

WG= Whole Grain  
CHP= Cantaloupe, Honeydew, Pineapple