

# Mounds Park Academy








**STOP**  
think about eating a smaller portion

**SLOW**  
balance your meal with green choices

**GO**  
eat all you want!

September 5<sup>th</sup> - September 8<sup>th</sup>

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
	Labor Day Holiday	<ul style="list-style-type: none"> <li>● Maryland Crab Chowder</li> <li>● Vegetable Chili</li> </ul>	<ul style="list-style-type: none"> <li>● Italian Wedding</li> <li>● Cuban Black Bean</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Rice Soup</li> <li>● Cream of Mushroom</li> </ul>	<ul style="list-style-type: none"> <li>● New England Clam</li> <li>● Vegetable Gumbo</li> </ul>
		<ul style="list-style-type: none"> <li>● Teriyaki Chicken</li> <li>● Mac &amp; Cheese</li> <li>● Bread Sticks</li> <li>● Steamed Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>● Carolina Pulled Pork</li> <li>● Vegetable Lo Mein</li> <li>● Cole Slaw</li> <li>● Steamed Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>● Baked Chicken Parmesan</li> <li>● Zucchini Francaise</li> <li>● Herbed Noodles</li> <li>● Steamed Spinach</li> </ul>	<ul style="list-style-type: none"> <li>● Marinated Fish Filet</li> <li>● Spaghetti &amp; Meatballs</li> <li>● Garlic Baguettes</li> <li>● Sauteed Spinach</li> </ul>
		<ul style="list-style-type: none"> <li>● Quesadilla Station</li> <li>● Chicken &amp; Seitan</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Caesar Salad Station</li> </ul>	<ul style="list-style-type: none"> <li>● Breakfast Bar</li> <li>● Cheesy Eggs, Sausage, Biscuits</li> <li>● French Toast</li> </ul>	<ul style="list-style-type: none"> <li>● Asian Stir Fry</li> </ul>
		<ul style="list-style-type: none"> <li>● Pad Thai Salad</li> <li>● Hummus</li> <li>● Cous Cous Salad</li> </ul>	<ul style="list-style-type: none"> <li>● Spicy Green Beans</li> <li>● Tuna Dill Pasta</li> <li>● Asian Confetti Rice</li> </ul>	<ul style="list-style-type: none"> <li>● Antipasti Salad</li> <li>● Roasted Corn</li> <li>● Tabbouleh</li> </ul>	<ul style="list-style-type: none"> <li>● Tortellini Salad</li> <li>● German Potato</li> <li>● Lentils &amp; Roasted Vegetables</li> </ul>
		<ul style="list-style-type: none"> <li>● Seasonal Fresh Fruit</li> <li>● Apple Brown Betty</li> </ul>	<ul style="list-style-type: none"> <li>● Seasonal Fresh Fruit</li> <li>● Assorted Ice Cream</li> </ul>	<ul style="list-style-type: none"> <li>● Seasonal Fresh Fruit</li> <li>● Marble Cake</li> </ul>	<ul style="list-style-type: none"> <li>● Seasonal Fresh Fruit</li> <li>● Chocolate Chips Cookies</li> </ul>

