

SEPTEMBER 2023

CAPITAL VILLAGE PCS

Locally Grown Component



Monday

Tuesday

Wednesday

Thursday

Friday



LUNCH:

1

Zucchini (MD / NC)
Tomatoes (VA/PA/MD)

4

**NO SCHOOL
TODAY**

BREAKFAST:

5

Sweet Potatoes (MD/PA)
LUNCH:
Apples (PA)
Kale (MD)
Squash (PA/MD)

LUNCH:

6

Spinach (PA/MD)
Mushrooms (PA)

BREAKFAST:

7

Apples (PA)

LUNCH:

Squash (PA/MD)

LUNCH:

8

Carrots (MD/ PA)

11

BREAKFAST:

Apples (PA)

LUNCH:

Tomato (VA/PA/MD)

LUNCH:

12

Tomato (VA/PA/MD)
Lettuce Romaine (PA)

LUNCH:

13

Broccoli (PA)

LUNCH:

14

Apples (PA)

LUNCH:

15

Cabbage (PA/MD)

18

BREAKFAST:

Apples (PA)

LUNCH:

19

Zucchini (MD/NC)
Carrots (MD/ PA)

LUNCH:

20

Apples (PA)

LUNCH:

21

Onions (MD)

BREAKFAST:

22

Carrots (MD/PA)

LUNCH:

Tomato (VA/PA/MD)
Lettuce Romaine (PA)

25

LUNCH:

Apples (PA)

LUNCH:

26

Celery (PA)
Peppers (PA/MD)
Tomato (VA/PA/MD)

LUNCH:

27

Tomato (VA/PA/MD)

BREAKFAST:

28

Apples (PA)

LUNCH:

Lettuce Romaine (PA)
Spinach (PA/MD)

LUNCH:

29

Peppers (PA/MD)

AUGUST 2023: *Monday 28th*: LUNCH: Apples (PA) – *Tuesday 29th*: BREAKFAST: Apples (PA)- LUNCH: Tomato (VA/PA/MD)

Wednesday 30th: LUNCH: Romaine Lettuce (PA), Spinach (PA/MD) - *Thursday 31st*: LUNCH: Peppers (PA/MD)

For any questions or comments please contact us directly at menu@luncherasdisi.com