SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Roasted Chicken Quinoa Salad	2 Teriyaki Tofu Coconut Ginger Rice	3 Rigatoni with Turkey Bolognese	4 Sandwich Wraps Flour Tortilla, Turkey, Cheese, Sun Butter
7 *LABOR DAY* *School Closed*	8 Penne with Meat Sauce	9 Farm Vegetable Curry Garbanzo Beans, Basmati Rice	10 Lemon Pepper Chicken Fingerling Potatoes	11 BBQ Pulled Pork Shredded Carrot Salad
14 Spaghetti with Chicken Bolognese	15 Pumpkin Mushroom Soup Pita Bread	16 Scrambled Eggs Home Fried Potatoes, Cheese	17 Beef Birria Braised Beans, Mexican Rice	18 Baked Potatoes Bacon, Cheese, Sour Cream, Broccoli
21 Farm Vegetable Bean Cheese Burritos	22 Chicken Pesto Farfalle Pasta	23 Tofu Poke Bowl Pickled Vegetables, Jasmine Rice	24 Wild Caught Salmon Lemon Herb Quinoa	25 Pizza Party Cheese, Pepperoni, Vegetable Bruschetta
28 Macaroni & Cheese Grilled Ham	29 Chicken Asado Tacos Corn Tortillas, Cabbage, Salsa	30 Sloppy Joe Sando Tempeh, Pickles, Brioche Slider Buns		

Anneliese Schools
Cultivating Intelligence. Empowering Potential.

SEPTEMBER 2026

PUMPKIN MUSHROOM SOUP

Ingredient List

- 1 pound pumpkin, chopped
- 1/2 pound mushrooms, sliced
- 1/2 cup onion, chopped
- 2 tablespoons butter (or vegan butter)
- 2 tablespoons arrowroot powder
- 1 tablespoon curry powder
- 3 cups vegetable broth (or chicken broth)
- 1 cup heavy cream (or coconut cream)
- Salt and pepper to taste

Method:

In a soup pot, sauté pumpkin, mushrooms and onion in butter until softened.

Stir in curry and broth, bring to a boil.

In a small bowl, make a slurry of arrowroot and broth, break up all lumps, then add to the soup.

Cook until the pumpkin is fork tender.

Blend all soup ingredients with an immersion blender.

Reduce to a simmer, and then add cream.

Taste and season with salt and pepper as needed.

Anneliese Schools
Cultivating Intelligence. Empowering Potential.

SEPTEMBER 2026

"I truly love September. California locals' summer: kids are back to school, waves are abundant, and the food slowly becoming fall."
– Andrew Johnson

Anneliese Schools lovingly owns and operates a regenerative urban farm in Claremont, California called Rebel Mountain. Each week, seasonal produce is freshly harvested and delivered to our school campuses where it is cooked into daily lunches through the Nourishment Program.

REBEL MOUNTAIN FARMS

Seasonal Produce

Peppers
Eggplant
Apples
Melons
Berries
Figs
Nectarines
Pomegranates
Pears
Tomatillos
Pumpkin
Corn

Anneliese Schools
Cultivating Intelligence. Empowering Potential.