

August 2014 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Sloppy Jo's on a Wheat Roll Tossed Salad Watermelon
4 Lean Roast Beef Potatoes, Celery, & Carrots Pluots Dinner Rolls	5 Grilled Cheese Sandwiches Marinara Dip Veggie Salad	6 Mexican Lasagna Pepper Slices Navel Oranges	7 Elbow Macaroni with Egg Salad Confetti Bean Salad Nectarines	8 Southwestern Chicken Melt on Wheat Bread Tossed Kale Salad Watermelon & Blackberries
11 Green Chili Pork Wheat Cornbread Red & Green Grapes w/ Blueberries	12 Minestrone Chicken Soup Wheat Roll Honeydew Pieces	13 Homemade Meatloaf Roasted Zucchini Pluots	14 Tuna Salad Wrap Cucumber Slices Berry Salad <small>(Blackberry, Blueberry, Strawberry)</small>	15 Chicken & Broccoli Stir Fry Brown Rice Pineapple
18 Zucchini Italiano with Turkey Sausage Wheat Roll Cantaloupe	19 Chicken Caesar Salad with Kale Homemade Croutons Berry Salad <small>(Blackberry, Blueberry, Strawberry)</small>	20 Lean Beef Lasagna Garden Salad with Kale Red & Green Grapes	21 Cheese Quesadilla Black Bean Salad Berry Sorbet	22 Turkey Cranberry Wraps with Lettuce and Tomato Pink Lady Apples
25 BBQ Pulled Pork Sandwich on a Wheat Roll Coleslaw Watermelon & Blueberries	26 Chicken Fajita Salad Cinnamon Chips Fruit Salsa	27 Open-Faced Cuban Pork Melt on Wheat Bagel Sautéed Plantains Apple Slices	28 Healthy Krab Salad over Lettuce Red Grapes Breadsticks	29 Bean & Cheese Burritos Pepper Slices Navel Oranges

*All fruits and vegetables are fresh. Any grain should be whole wheat or multi-grain. All milk based products such as cheeses are 2%. All meats should be lean cut and low sodium. Any dip should be low fat or fat free. All meals served with milk.