

# OCTOBER 2013 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Krab Salad Over Lettuce Breadsticks Grapes	2 Mexi-Quinoa Salad Snap Peas Fall Fruit	3 Barbecue Turkey Sandwich Wheat Roll Cucumber Slices Honey Dew	4 Chicken White Rice Salad Over Green Breadstick Cantaloupe
7 Wild Rice Pepper Salad Cheese Slices Oranges	8 Black Bean & Beef Sloppy Joes On Wheat Roll Carrot Sticks Fall Fruit	9 Vegetarian Bagel with Hummus Cheese Slices Pineapple	10 Zucchini Italiano with Turkey Sausage Breadstick Apple Slices	11 Egg Salad Wrap Pepper Strips Fruit Salad
14 Chicken Vegetable Soup Wheat Roll Grapes	15 Cheese & Shredded Beef Nachos Lettuce Tomato Salsa PI Plujots/Fall Fruit	16 Grilled Provolone Sandwich Marinara Dipping Sauce Toss Salad Pears	17 Grilled Tuna Patty on Wheat Roll Cucumber Slices Oranges	18 Cream of Potato Soup Cheese Cubes Whole Wheat Crackers Plujots
21 Southwest Pizza with Peppers Black Beans Fall Fruit	22 Turkey BLT Wrap Pepper Slices Plujots	23 Cheesy Chicken Pasta Cauliflower Florets Grapes	24 Chicken Soba Noodle Salad Orange Slices	25 Peanut Butter & Fresh Fruit Preserves on Whole Wheat Bread Cucumbers & Apples
28 Lean Beef Stew (Potato, Carrot, Celery) Wheat Breadstick Oranges	29 Turkey Waldorf Salad Grapes Celery Wheat Roll	30 Roasted Jerk Chicken Wraps Lettuce Pineapple Snap Peas	31 Bean & Cheese Burritos Pepper Strips Plujots	

\*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.

