

SEPTEMBER 2014 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	2 California Chicken Melt (English Muffin, cheese, avocado, mushrooms, & tomato) Watermelon	3 Whole Wheat Spaghetti with Beef Marinara Veggie Salad Peaches	4 Nachos with refried Beans and Cheese (tomatoes, salsa, & lettuce) Strawberries	5 Turkey Bacon BLT Wrap Cucumber Slices Red Grapes
8 Pizza Rolls (spinach, cheese, marinara, whole wheat tortilla) Pepper Slices Plums	9 Crab Stuffed Tomato Snap Peas Breadsticks Berry Salad	10 Cheesy Turkey Pasta W/ Cauliflower Kale Veggie Salad Watermelon	11 Chicken Lettuce Wrap Stir Fry Veggies Pineapple	12 Shredded BBQ Beef Sandwich Whole Wheat Roll Coleslaw Peaches
15 Penne with meaty marinara Steamed Broccoli & Cauliflower Cantaloupe	16 Chicken-Apple-Grape Salad Sandwich Wheat Roll Snap Peas Cherries	17 Sweet & Sour Pork Stir Fry Brown Rice Strawberries	18 Turkey Wild Rice Casserole Steamed Baby Carrots Pink Grapefruit	19 French Toast Sticks Turkey Bacon Honeydew & Blueberries
22 Whole Wheat Tuna Tetrazinni Breadsticks Snap Peas Watermelon	23 Turkey Burgers Whole Wheat Roll Lettuce, tomatoes, pickles Coleslaw Berry Salad	24 Asian Chicken Tortilla Wrap Sauteed Pepper Slices Pears	25 Tamale Pie Steamed Corn Nectarines	26 Grilled Cheese Sandwiches with Marinara Dip Veggie Salad Plums
29 Black Bean, Tomato, & Cheese Quesadillas Pepper Slices Red & Green Grapes	30 Chef Salad with Kale Cheese Sticks Breadsticks Clementines			

*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.