


SEPTEMBER 2013 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
 3 Deceptively Delicious Tuna Wrap Broccoli Spears	4 Bean Bolanagse Over Penne Nectarines	5 Tomato Cucumber Dill Sandwich on Wheat Roll Strawberries	6 Turkey Florentine Casserole w/ Spinach Watermelon	
9 Black Bean Cheese Quesadillas Pepper Slices Watermelon	10 Vegetable Lasagna Garden Salad	11 BBQ Chicken Drumstick Apple Slices Corn Bread Spinach Salad	12 Peanut Butter Berry Banana Wrap Snap Peas	13 Brown Rice Greek Salad Summer Fruit
16 Ground Beef Tostadas Lettuce and Tomato Strawberries	17 Italian Chicken Sandwich w/ Lettuce and Tomato Summer/Fall Fruit	18 Cheese and Veggie White Pizza Honeydew Melon	19 French Toast Sticks Turkey Sausage Kiwi and Strawberries	20 Chicken Fajita Salad Wheat Roll Watermelon
23 Penne w/ Meaty Marinara Cantaloupe	24 Hummus w/ Veggie Sticks and Whole Wheat Breadstick Watermelon	25 Southwestern Chicken Salad Wrap w/ Lettuce and Tomato Summer Fruit	26 Sweet and Sour Stirfry Pork with Veggies over Brown Rice Cantaloupe	27 Chef Salad w/ Wheat Croutons Grapes
30 Butternut Squash Bisque Cheese and Crackers Fall Fruit				

*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.