

# AUGUST 2012 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Bean and Cheese Burrito, Fresh Salsa, Corn on the Cob and Pluots	2 Peanut Butter and Fresh Fruit Preserve Sandwich, Snap Peas and Pineapple	3 Cashew Chicken with Fresh Stir Fry Vegetables, Brown Rice and Cantaloupe
6 Chicken and White Bean Salad with a Wheat Roll and Mango	7 Grilled Tuna Patty, Cucumber and Tomato Salad, Garlic Knot Breadstick and Kiwi	8 Grilled Chicken and Avocado on a Bun, Fresh Steamed Green Beans and Mandarin Oranges	9 Turkey BLT Sandwich, Multi-Colored Pepper Slices and Cherries	10 Cheese Pizza, Tossed Salad and Summer Fruit
13 Egg Salad Wrap, Fresh Fruit Sorbet and Snap Peas	14 Shredded Beef Sandwiches, Confetti Coleslaw and Yo-nanas	15 Parmesan Chicken Bites, Multi-Grain Pasta with Parmesan, Fresh Steamed Green Beans and Oranges	16 Whole Wheat French Toast, Turkey Sausage with Blueberries and Nectarines	17 Asian Chicken Salad, Breadstick and Fruit Toss
20 Cucumber & Tomato Dill Sandwich, Colby & Provolone Cheese Cubes and Plums	21 Whole Wheat Cheese Quesadilla, Black Bean Salad with Fresh Berries	22 Grilled Chicken & Pear Salad with Strawberry Vinaigrette and a Wheat Roll	23 Mini Turkey Sausage Quiche with Peppers, Steamed Broccoli and Melon Medley	24 Citrus Chicken Salad, Whole Wheat Tortilla Chips and Fresh Fruit Salsa
27 Chicken Fajita Salad in a Homemade Tortilla Bowl and Mango	28 Mediterranean Beef Wrap with a Feta, Tomato and Brown Rice Salad and Summer Fruit	29 BBQ Chicken Drumstick, Corn on the Cob, Cornbread and Strawberries	30 Black Bean and Beef Sloppy Joes, Sweet Potato Fries and Grapes	31 Healthy Crab Stuffed Tomato, Parmesan Breadstick and Summer 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.