

August 2013 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Catering for a Cause</p>			1 Bean & Cheese Burritos and Pepper Strips & Fresh Berries	2 Wheat Bread w/ Fresh Fruit Preserves and Peanut Butter Cucumber Slices & Cantaloupe
5 Zucchini Italiano w/ Turkey Sausage Wheat Roll Summer Fruit	6 Turkey Cranberry Wrap w/ Lettuce & Tomato Watermelon	7 Turkey Bacon & Cheese BLT Salad Wheat Breadstick Grapefruit	8 Shredded Chicken Tacos Corn Relish Honey Dew	9 Grilled Provolone Sandwiches w/ Marinara Dip Tossed Salad Pears
12 Cheesy Chicken Cauliflower Pasta Strawberries	13 Shredded Beef Sandwiches Confetti Coleslaw Berry Yo-nana	14 Healthy Krab Salad over Lettuce Grapes Breadsticks	15 Black Bean & Beef Sloppy Joes on Wheat Roll Cucumber Slices Peaches	16 Roasted Jerk Chicken Wraps Snap Peas Summer Fruit
19 Beef & Cheese Nachos w/ Lettuce, tomato and salsa Cantaloupe	20 Grilled Chicken & Avocado Sandwich on wheat Roll Fresh Berries	21 Turkey Waldorf Salad Garlic Bread Knot	22 Beef Fajita Salad over Greens Cinnamon Chips & Fruit Salsa	23 Southwest Pizza w/ Black Beans and Peppers Honey Dew
26 Teriyaki Turkey Stir Fry w/ Veggies and Rice Watermelon	27 Egg Salad Sandwich Pepper Strips Summer Fruit	28 Chicken & White Bean Salad over Greens Breadstick Cantaloupe	29 Cheese Quesadilla and Black Bean Salad Berry Sorbet	30 Grilled Chicken Salad w/ Pears Wheat Roll

*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.