

June 2013 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Catering for a Cause</p>				
<p>3 Black Bean and Cheese Quesadilla on Whole Wheat Tortilla Pepper Slices Watermelon</p>	<p>4 Asian Chicken Salad with Breadstick Pineapple</p>	<p>5 Vegetarian Lasagna and Garden Salad</p>	<p>6 Tomato and Cucumber Dill Sandwich on Whole Wheat Roll Cantaloupe</p>	<p>7 Turkey Florentine Casserole with Spinach Mango</p>
<p>10 Barbeque Chicken Drumstick with Cornbread Spinach Salad Apple Slices</p>	<p>11 Brown Rice and Greek Salad Summer Fruit</p>	<p>12 Ground Beef Tostados with Lettuce and Tomato Strawberries</p>	<p>13 Cobb Salad with Garlic Breadstick Honey Dew Melon</p>	<p>14 Multigrain Penne with Meaty Marinara Grapes</p>
<p>17 Cheese and Veggie White Pizza Pineapple</p>	<p>18 Chicken Fajita Salad with Whole Wheat Roll Watermelon</p>	<p>19 Barbeque Turkey Sandwich on Whole Wheat Rolls with Cucumbers Slices and Berry Salad</p>	<p>20 Mediterranean Beef Wrap With Lettuce and Tomato Grapefruit Slices</p>	<p>21 Egg Salad Sandwich with Snap Peas and Apple Slices</p>
<p>24 Chef Salad with Homemade Wheat Croutons and Grapes</p>	<p>25 South Western Chicken Salad Wrap with Lettuce and Tomato Summer Fruit</p>	<p>26 Chicken Soba Noodle Salad and Watermelon</p>	<p>27 French Toast Sticks with Turkey Sausage Kiwi and Strawberries</p>	<p>28 Italian Chicken Sandwich with Lettuce and Tomato Grapefruit Slices</p>

*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.