


NOVEMBER 2012 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Healthy Krab Salad Over Lettuce, Whole Wheat Parmesan Breadstick and Orange Slices	2 Parmesan Chicken Bites, Whole Wheat Pasta Salad (with Peppers, Carrots, Broccoli and Cauliflower) and Kiwi
5 Cream of Potato Soup, Cheese Cubes, Whole Wheat Crackers and Strawberries	6 Turkey BLT Wrap, Pepper Slices and Pluots	7 Sweet & Sour Pork, Stir Fry Veggies Over Brown Rice with Cantaloupe	8 Citrus Chicken Salad with Whole Wheat Breadstick and Fruit Toss	9 Broccoli and Pepper Turkey Stratta with Grapes
12 Grilled Turkey and Swiss Sandwich, Tomato Soup and Orange Slices	13 Chicken & White Bean Salad Over Lettuce, Whole Wheat Roll and Pluots	14 Lean Beef Stew (Potato, Carrot and Celery) Whole Wheat Garlic Breadstick and Apple Slices	15 Grilled Chicken Breast Sandwich with Avocado Spread, Lettuce & Tomato, Snap Pease and Pineapple	16 Cheesy Marinara Clippers, Tossed Salad and Fall Fruit
19 Bean & Cheese Burrito, Pepper Strips and Fall Fruit	20 Egg Salad Wrap, Snap Peas and Kiwi Slices	21 Grilled Tuna Patty, Whole Wheat Garlic Bread Knot, Cucumber Slices and Strawberries	22 HAPPY THANKSGIVING! CENTER CLOSED	23 HAPPY THANKSGIVING! CENTER CLOSED
26 Chicken and Wild Rice Soup, Whole Wheat Breadstick and Fall Fruit	27 Shredded BBQ Beef on Whole Wheat Bun, Confetti Coleslaw and Berry Yo-Nana	28 California Melt Sandwich (English Muffin, Avocado, Cheese and Mushroom) with Pluots	29 Teriyaki Turkey Stir Fry with Veggies, Brown Rice and Kiwi	30 Peanut Butter and Fresh Fruit Preserves on Whole Wheat Bread with Cucumbers & Apples

*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.