


OCTOBER 2012 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Whole Wheat Pasta with Tomato Sauce & Broccoli, Roasted Turkey and Cantaloupe	2 Chicken, White Bean & Pepper Chili with a Wheat Roll and Honey Dew	3 Peanut Butter and Berry Pita, Snap Peas and Hummus for Dipping	4 Balsamic Glazed Pork Chops, Herbed Couscous, Zucchini Stir Fry and Grapes	5 Cheesy Chicken Pasta with Cauliflower and Melon Medley
8 Orange Ginger Beef with Stir Fry Broccoli, Carrot & Peppers, Brown Rice and Pineapple	9 Stuffed Zucchini Boats and Strawberries	10 Turkey & Pasta Marinara, Green Beans and Watermelon	11 Shredded Chicken Tacos with Corn Salad and Honey Dew	12 Whole Wheat French Toast with Peanut Butter, Apples and Celery Sticks
15 Turkey Cranberry Wrap with Lettuce, Tomato and Cream Cheese and Cucumber Wedges	16 Chicken Noodle Soup with Carrots and Celery, Broccoli and Purple Grapes	17 Shredded Beef Quesadilla with Cheese, Marinated Tomatoes and Kiwi	18 Egg Salad Sandwich on Whole Wheat Bread, Cauliflower and Fall Fruit	19 BBQ Turkey Sandwich on Whole Wheat Bun, Snap Peas and Cuties.
22 Feta, Tomato & Lean Ground Beef Spaghetti Squash, Garlic Knot Bread and Strawberries	23 Waldorf Chicken Salad Wrap with Grapes, Celery and Yogurt and Snap Peas	24 Mexiquinoa Salad and Tri-colored Pepper Strips	25 Oven Roast Turkey Breast, a Whole Wheat Roll, Sweet Potatoes and Green Beans	26 Minestrone Soup with Beans and Vegetables, Breadsticks and Honeydew Melon
29 Cobb Salad Kabob, Whole Wheat Roll and Grapes	30 Tuna Melt on Whole Wheat Bread, Broccoli and Pineapple	31 Cheeseburger Tortilla Wrap with Lettuce, Tomato, a Pickle Spear and 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.