


SEPTEMBER 2012 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Closed for Labor Day Have a Great Holiday!	4 California Melt Sandwich (English Muffin, Cheese, Avocado, Mushrooms and Tomatoes with Watermelon	5 Vegetarian Chickpea Pita and Raw Broccoli with Cantaloupe	6 Nachos with Refried Beans and Cheese Pepper Strips and Strawberries	7 Turkey Bacon BLT Wrap with Summer Fruit and Cucumber Slices
10 Grilled Cheese Sandwich and Marinated Veggie Salad with Honeydew	11 Asian Chicken Tortilla Wrap and Snap Peas with Cantaloupe	12 Wheat Pasta with Turkey and Light Alfredo and Broccoli with Summer Fruit	13 Krab Stuffed Pita and Marinated Tomatoes' and Mixed Greens Salad	14 Black Bean, Tomato and Cheese Quesadilla SW Rice and Veggie Salad with Grapes
17 Bean Bolognese (White Beans, Meat Sauce, Zucchini and Squash) with Pasta and Nectarines	18 Italian Seasoned Turkey Sandwich with Lettuce Tomato and Bun Strawberries and Cauliflower	19 Jamaican Jerk Rubbed Beef Salad with a Wheat Roll and Peaches	20 Vegetarian Quiche, Bread with Preserves Summer Fruit	21 Deceptively Delicious Tuna Wrap with Broccoli Spears and Watermelon
24 Bagel with PB Honey Banana and Pepper Strips	25 Chef Salad with Whole Wheat Cracker and Cheese Slices and Summer Fruit	26 Lasagna and Spinach Salad with Pears	27 Whole Wheat Apple Pancakes with Kiwi and Turkey Sausage	28 Pizza Rolls (Whole Wheat Tortilla, Spinach, Marinara Sauce and Cheese), Cucumbers and Fruit Salad
				

*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.