


SEPTEMBER 2010 LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/30 Teriyaki Chicken Brown Rice Steamed Green Beans Pear Milk	8/31 BBQ Beef Peas & Carrots Banana Cornbread Milk	1 Cheese Burger Lettuce & Tomato Slices Banana Wheat Bun Ketchup Milk	2 Meat Lasagna Steamed Broccoli Apple Milk	3 Sub Sandwich Lettuce/Tomato Broccoli Slaw Melon Slices Milk
6 Turkey Joes Wheat Hamburger Bun Coleslaw Nectarine Milk	7 Chicken Caesar Salad w/ Wheat Croutons Orange Wheat Dinner Roll Milk	8 Chicken Cacciatore Wheat Penne Pasta Cauliflower Cantaloupe Slices Milk	9 Beef Picado w/ Onion & Peppers Corn Tortilla Green Salad Peach Light Ranch Dressing Milk	10 Mac 'N Cheese Steamed Broccoli Pear Milk
13 Baked Chicken Tenders Mashed Potatoes Green Beans Apple BBQ Dipping Sauce Milk	14 Beef and Broccoli Brown Rice Banana Milk	15 Chicken Curry Peas & Carrots Pita Bread Plum Milk	16 Turkey Wrap Shredded Lettuce Honeydew Slices Light Ranch Dressing Milk	17 Chicken Burger Hamburger Bun Lettuce & Tomato Slices Orange Ketchup Milk
20 Pollo Asada Black Beans Corn Tortilla Pear Milk	21 Veggie Lasagna Steamed Green Beans Pear Milk	22 Chick 'N Gravy Mashed Potatoes Mixed Veggies Plum Milk	23 Wheat Spaghetti w/ Turkey Meat Sauce Peas & Carrots Apple Milk	24 Southwest Chicken Salad Black Beans/Corn BBQ Dressing Wheat Roll Banana Milk
27 Chili w/ Beans Mixed Veggies Apple Cornbread Milk	28 Turkey Sandwich w/ Wheat Bread Baby Carrots Honeydew Slices Light Ranch Dressing Light Mayo/Mustard Milk	29 Enchilada Casserole w/ Chicken Green Salad Light Italian Dressing Tangerine Milk	30 Turkey Burger Wheat Bun Lettuce/Tomato Orange Ketchup Milk	

****This institution is an equal opportunity provider and employer. **MEALS ARE SUBJECT TO CHANGE. ****