

Lunch/Supper

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2			1 Buffalo Chicken Wrap Sugar Snap Peas Banana 1% Milk	2 Turkey Sandwich Broccoli Salad Apple 1% Milk Mayonnaise	3 Southwest Salad Whole Wheat Roll Orange 1% Milk Ranch Dressing
3	6 Grilled Chicken Salad Whole Wheat Roll Apple 1% Milk Ranch Dressing	7 Chicken Caesar Wrap Grape Tomatoes Orange 1% Milk Low Fat Italian Dressing	8 Taco Wrap Sliced Cucumbers Pineapple 1% Milk	9 Turkey Sub Black Bean & Corn Salad Apple 1% Milk Mayonnaise	10 Cheese Quesadilla Pineapple Salsa Red Pepper Sticks Orange 1% Milk Ranch Dressing
4	13 Curry Chicken Salad Whole Wheat Pita Celery & Carrots Orange 1% Milk	14 Turkey Sandwich Sliced Cucumbers Apple 1% Milk Mayonnaise	15 Chicken Fajita Wrap Grape tomatoes Banana 1% Milk	16 Pesto Chicken Wrap Broccoli Salad Pineapple 1% Milk	17 Roast Beef Wrap Black Eyed Pea Salad Apple 1% Milk
1	20 Chef Salad Whole Wheat Pita Apple 1% Milk Low Fat Italian Dressing	21 Sunbutter & Jelly Sandwich Carrot Sticks Orange 1% Milk	22 Chicken Salad Sandwich Fiesta Corn Salad Banana 1% Milk	23 Turkey Sub Asian Slaw Apple 1% Milk Mayonnaise	24 Fiesta Wrap Kale Salad Banana 1% Milk
2	27 BBQ Chicken Salad Plate Whole Wheat Roll Carrot Sticks Apple 1% Milk	28 Pasta Salad Romaine Salad Orange 1% Milk	29 Buffalo Chicken Wrap Sugar Snap Peas Banana 1% Milk	30 Turkey Sandwich Broccoli Salad Apple 1% Milk Mayonnaise	