Your Complete Lunch will Include:

1. Start with at least One Fruit or Vegetable
   - Assorted Fresh & Canned Fruit
   - Fresh Rainbow Vegetable Tray
   - Hot Vegetable of the Day

2. Choose One Daily Menu Entrée Items:
   In addition offered daily:
   - Chef Salad
   - Sunbutter & Jelly
   - Peanut Butter & Jelly
   - Bagel Box
   - Variety of Pizza

3. Choose One 8 oz. Milk
   - Low-Fat White
   - Flavored Milk

Featured Specials of the Day

Thursday, August 31
- Waffles w/Syrup
- Boars Head Ham & Cheese on a Bun
- Turkey Sausage Pattie
- Potato Smiles

Friday, September 1
- Cheese Pizza
- Boars Head Turkey & Cheese on a Bun
- Mixed Greens Salad w/Tomatoes, Cucumbers, Spinach & Chickpeas

Featured Specials of the Day

Monday, September 4
- LABOR DAY

Tuesday, September 5
- Chicken Nuggets w/Dinner Roll
- Boars Head Ham & Cheese on a Bun
- Mashed Potatoes
- Green Beans

Wednesday, September 6
- Mozzarella Sticks w/Marinara Sauce
- Boars Head Turkey & Cheese on a Bun
- Fresh Steamed Broccoli

Thursday, September 7
- Hot Dog on a Bun
- Boars Head Ham & Cheese on a Bun
- Baked Beans
- Potato Smiles

Friday, September 8
- Personal Pizza
- Boars Head Turkey & Cheese on a Bun
- Mixed Greens Salad w/Tomatoes, Cucumbers, Spinach & Chickpeas

Breakfast is Offered Daily
- Assorted Cereals
- Assorted Muffins
- Cinnamon Buns
- Bagels
- Hot Sandwiches

Fruit, Juice, & Milk Included

*** Some Items Not Offered Daily***
Monday, September 11
Mini Waffles w/ Syrup
Boars Head Turkey & Cheese on a Bun
Hash Brown Potatoes
Sausage Links

Tuesday, September 12
Tacos w/ Lettuce, Tomato, Cheese & Salsa
Boars Head Ham & Cheese on a Bun
Corn

Wednesday, September 13
Meatball Grinders w/ Melted Cheese
Boars Head Turkey & Cheese on a Bun
Fresh Steamed Broccoli

Thursday, September 14
Popcorn Chicken w/ Dinner Roll
Boars Head Ham & Cheese on a Bun
Sweet Potato Fries

Friday, September 15
Cheese Pizza
Boars Head Turkey & Cheese on a Bun
Mixed Greens Salad w/ Tomatoes, Cucumbers, Spinach, & Chickpeas

Monday, September 18
Chicken Nuggets
Boars Head Ham & Cheese on a Bun
Sweet Potato Fries

Tuesday, September 19
Hamburger or Cheeseburger on a Roll
Boars Head Ham & Cheese on a Bun
Oven Fries

Wednesday, September 20
Mandarin Orange Chicken
Boars Head Turkey & Cheese on a Bun
Seasoned Brown Rice
Steamed Broccoli

Thursday, September 21
Mozzarella Sticks w/ Marinara Sauce
Boars Head Turkey & Cheese on a Bun
Fresh Steamed Green Beans

Friday, September 22
Personal Pizza
Boars Head Turkey & Cheese on a Bun
Mixed Greens Salad w/ Tomatoes, Cucumbers, Spinach & Chickpeas

Monday, September 25
Chicken Filet on a Bun
Boars Head Ham & Cheese on a Bun
Sweet Potato Fries

Tuesday, September 26
Hamburger or Cheeseburger on a Bun
Boars Head Ham & Cheese on a Bun
Oven Fries

Wednesday, September 27
Cheese Pizza Crunchers w/Marinara Sauce
Boars Head Turkey & Cheese on a Bun
Fresh Steamed Broccoli

Thursday, September 28
Chicken Nuggets w/ Dinner Roll
Boars Head Ham & Cheese on a Bun
Mashed Potatoes
Green Beans

Friday, September 29
Cheese Pizza
Boars Head Turkey & Cheese on a Bun
Mixed Greens Salad w/ Tomatoes, Cucumbers, Spinach & Chickpeas

What’s on YOUR plate?
HALF FRUITS AND VEGETABLES
GOOD
DAIRY
HALF PROTEIN FOODS
MORE WHOLE GRAINS

DON'T 4 GET!
Take at least ONE FRUIT or VEGETABLE
and at least THREE items total for your meal
counts as a complete lunch!