







A YUMMY SETEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COLD OPTIONS FOR THE WEEK
					Turkey Sandwich, Pretzels, Fresh Fruit Italian Sandwich on Ciabatta, Pretzels, Fresh Fruit Cheese Sandwich on Ciabatta, Pretzels, Fresh Fruit Turkey Wrap, Pretzels, Fresh Fruit Turkey & Provolone Wrap, Pretzels, Fresh Fruit Sun Butter & Grape Jelly Sandwich, Baked Chips, Fresh Fruit Blueberries & Strawberries Salad w/Goat Cheese, Sunflower Seeds & Chicken, Fresh Fruit Blueberries & Strawberries Salad w/Goat Cheese & Sunflower Seeds, Fresh Fruit Lean Beef Taco Salad w/Chunky Tomato Dressing, Tortilla Chips, Fresh Fruit Vegetarian Taco Salad w/Chunky Tomato Dressing, Tortilla Chips, Fresh Fruit Greek Salad w/Grilled Chicken, Pita Bread, Fresh Fruit Greek Salad, Pita Bread, Fresh Fruit Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit Bagel w/Jelly, Veggies & Hummus, Fresh Fruit MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit MYO Cheese Stackers, Veggies & Hummus, Fresh Fruit
4 NO YUMMY LUNCHES  	5 Penne w/Low Fat Alfredo Sauce, Roasted Sweet Peas, Fresh Fruit Penne w/Olive Oil, Roasted Sweet Peas, Fresh Fruit Baked Chicken Nuggets, Roasted Sweet Peas, Fresh Fruit Baked Tofu Nuggets, Roasted Sweet Peas, Fresh Fruit Other Selection From Cold Options:	6 Picadillo, Baked Plantains, Brown Rice, Fresh Fruit Sautéed Tofu, Baked Plantains, Fresh Fruit Grilled Cheese, Roasted Veggies, Fresh Fruit Other Selection From Cold Options:	7 Turkey Burger, Baked Tater Tots, Fresh Fruit Veggie Burger, Baked Tater Tots, Fresh Fruit Turkey Meatballs w/Tomato Sauce, Baked Tater Tots, Fresh Fruit Mac & Cheese, Roasted Veggies, Fresh Fruit Other Selection From Cold Options:	8 	Turkey Sandwich, Pretzels, Fresh Fruit Italian Sandwich on Ciabatta, Pretzels, Fresh Fruit Cheese Sandwich on Ciabatta, Pretzels, Fresh Fruit Turkey Wrap, Pretzels, Fresh Fruit Turkey & Provolone Wrap, Pretzels, Fresh Fruit Sun Butter & Grape Jelly Sandwich, Baked Chips, Fresh Fruit Blueberries & Strawberries Salad w/Goat Cheese, Sunflower Seeds & Chicken, Fresh Fruit Blueberries & Strawberries Salad w/Goat Cheese & Sunflower Seeds, Fresh Fruit Lean Beef Taco Salad w/Chunky Tomato Dressing, Tortilla Chips, Fresh Fruit Vegetarian Taco Salad w/Chunky Tomato Dressing, Tortilla Chips, Fresh Fruit Greek Salad w/Grilled Chicken, Pita Bread, Fresh Fruit Greek Salad, Pita Bread, Fresh Fruit Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit Bagel w/Jelly, Veggies & Hummus, Fresh Fruit MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit MYO Cheese Stackers, Veggies & Hummus, Fresh Fruit