

## A YUMMY SETEMBER MENU

MONDAY  TUESDAY  WEDNESDAY  THURSDAY  FRIDAY  COLD OPTIO  THE WE  Turkey Sandwich, Peetzels, Fresh Halian Sandwich on Ciabatta, Fruit  Turkey & Provolone Wrap, Pret Sun Butter & Grape Jelly Sand- Fresh Fruit  Blueberrier & Strawberries Sali Sunflower Seeds & Chicken, Fresh Blueberrier & Strawberries Sali Sunflower Seeds & Chicken, Fresh Turkey & Provolone Wrap, Pret Sun Butter & Grape Jelly Sand- Fresh Fruit  Lan Beef Tace Salad withman  Dressing, Tortilla Chips, Fresh Greek Salad withman  Greek Salad withman  Greek Salad withman  Greek Salad withman  Greek Salad, Pins Bread, Presh  Greek Salad, Pins Bread, Presh	sh Fruit Pretzels, Fresh Fruit Pretzels, Fresh Fruit tzels, Fresh Fruit wich, Baked Chips, and w/Goat Cheese, resh Fruit and w/Goat Cheese ty Tomato Fruit cy Tomato Fruit
Italian Sandwich on Clabatta, Cheese Sandwich on Clabatta, Fruit  Turkey Wrap, Pretzels, Fresh Frurkey & Provolone Wrap, Press Sun Butter & Grape Jelly Sandi Fresh Fruit  Blueberries & Strawberries Sali & Sunflower Seeds & Chicken, Fight Sunflower Seeds, Fresh Fruit  Lean Beef Taco Salad wChunk Dressing, Tortilla Chips, Fresh Vegetarian Taco Salad wChunk Dressing, Tortilla Chips, Fresh Greek Salad w/Grilled Chicken Fruit  Greek Salad w/Grilled Chicken Fruit	Pretzels, Fresh Fruit Pretzels, Fresh ruit tzels, Fresh Fruit wich, Baked Chips, ad w/Goat Cheese, resh Fruit ad w/Goat Cheese ty Tomato Fruit cy Tomato Fruit
Cheese Sandwich on Ciabatta. Fruit  Turkey Wrap, Pretzels, Fresh F  Turkey & Provokine Wrap, Free  Sun Butter & Grape Jelly Sandi Fresh Fruit  Blueberries & Strawberries Sali Sunflower Seeds & Chicken, Fi  Blueberries & Strawberries Sali & Sunflower Seeds & Chicken, Fi  Bus Sunflower Seeds & Chicken, Fi  Wegetarian Taco Salad w/Chund Dressing, Tortilla Chips, Fresh Vegetarian Taco Salad w/Chund Dressing, Turtilla Chips, Fresh Greek Salad w/Grilled Chicken Fruit Greek Salad, Pite Bread, Fresh	Pretzels, Fresh ruit tzels, Fresh Fruit twich, Baked Chips, ad w/Goat Cheese, resh Fruit ad w/Goat Cheese ty Tomato Fruit ty Tomato Fruit
Fruit Turkey & Provokone Wrap, Pretzels, Fresh F Turkey & Provokone Wrap, Pre Sun Butter & Grape Jelly Sandt Fresh Fruit Blüeberries & Strawberries Salt Sunflower Seeds & Chicken, Fi Blueberries & Surawberries Salt & Sunflower Seeds & Chicken, Fi Blueberries Tace Salad w/Chunk Dressing, Tortilla Chips, Fresh Vegetarian Taco Salad w/Chunk Dressing, Tortilla Chips, Fresh Greek Salad w/Grilled Chicken Fruit Greek Salad, Pito Bread, Fresh	ruit tzels, Frésh Fruit wich, Baked Chips, ad w/Goat Cheese, resh Fruit ad w/Goat Cheese t ty Tomato Fruit cy Tomato Fruit
Turkey & Provolone Wrap, Pre Sun Butter & Grape Jelly Sandi Fresh Fruit  Blueberries & Strawberries Sal Sunflower Seeds & Chicken, Fr  Blueberries & Strawberries Sal & Sunflower Seeds, Fresh Fruit  Lean Beef Taco Salad w/Chunk Dressing, Tortilla Chips, Fresh Vegetarian Taco Salad w/Chunk Dressing, Tortilla Chips, Fresh Greek Salad w/Grilled Chicken Fruit Greek Salad, Pita Bread, Fresh	tzels, Fresh Fruit wich, Baked Chips, ad w/Goat Cheese, resh Fruit ad w/Goat Cheese ty Tomato Fruit ty Tomato Fruit
Sun Butter & Grape Jelly Sandr Fresh Fruit  Blueberries & Strawberries Sal & Sunflower Seeds & Chicken, For Blueberries & Strawberries Sal & Sunflower Seeds, Fresh Fruit  Lean Beef Taco Salad w/Chunk Dressing, Tortilla Chips, Fresh  Vegetarian Taco Salad w/Chunk Dressing, Tortilla Chips, Fresh  Greek Salad w/Grilled Chicken Fruit  Greek Salad, Pito Bread, Fresh	wich, Baked Chips, ad w/Goat Cheese, resh Fruit ad w/Goat Cheese t ry Tomato Fruit cy Tomato Fruit
Fresh Fruit  Blueberries & Strawberries Sale Sunflower Seeds & Chicken, Fr  Blueberries & Strawberries Sale & Sunflower Seeds, Fresh Fruit  Lean Beef Taco Salad w/Chunk Dressing, Tortilla Chips, Fresh  Vegetarian Taco Salad w/Chunk Dressing, Tortilla Chips, Fresh  Greek Salad w/Grilled Chicken Fruit  Greek Salad, Pito Bread, Presh	ad w/Goat Cheese, resh Fruit ad w/Goat Cheese t ty Tomato Fruit cy Tomato Fruit
Sunflower Seeds & Chicken, From the Company of the	resh Fruit  ad w/Goat Cheese  ty Tomato  Fruit  sy Tomato  Fruit
& Sunflower Seeds, Fresh Fruit  Lean Beef Taco Salad w/Chunk Dressing, Tortilla Chips, Fresh  Vegetarian Taco Salad w/Chunk Dressing, Tortilla Chips, Fresh  Greek Salad w/Grilled Chicken Fruit  Greek Salad, Pito Bread, Fresh	t :y Tomato Fruit cy Tomato Fruit
Dressing, Tortilla Chips, Fresh Vegetarian Taco Salad w/Chunl Dressing, Tortilla Chips, Fresh Greek Salad w/Grilled Chicken Fruit Greek Salad, Pito Bread, Fresh	Fruit cy Tomato Fruit
Dressing, Tortilla Chips, Fresh Greek Salad w/Grilled Chicken Fruit Greek Salad, Pito Bread, Fresh	Fruit
Fruit Groek Salad, Pito Bread, Fresh	Pita Bread, Fresh
Bagel w/Cream Cheese, Veggie	
Fresh Fruit  Bagel w/Jelly, Veggies & Humr	nue Frank Emit
MYO Turkey & Cheese Stacker Hummus, Fresh Fruit	
MYO Turkey Stackers, Veggies Fruit	& Hummus, Fresh
MYO Cheese Stackers, Voggies Fruit	& Hummus, Fresh
4 5 7 Turkey Sandwich, Pretzels, Fre	sh Fruit
Penne w/Low Fat Alfredo Picadillo, Baked Plantains, Turkey Burger, Baked Tater NO YUMMY Sauce, Roasted Sweet Peas, Brown Rice, Fresh Fruit Tots, Fresh Fruit	
LUNCHES Fruit Cheese Sandwich on Clabatta, I Veggie Burger, Baked Tater Cheese Sandwich on Clabatta, I Fruit	retzels, Fresh
Penne w/Olive Oil, Roasted Fresh Fruit Tots, Fresh Fruit Tots, Fresh Fruit Turkey Wrap, Pretzels, Fresh Fr	nit
Grilled Cheese, Roasted Turkey Meatballs w/Tomato  Turkey & Provolone Wrap, Pre	
Roasted Sweet Peas, Fresh Fruit Other Selection From Cold Other Selection From Cold	-
Blacked Tofu Nuggets, Roasted Options: Mac & Cheese, Roasted Veggies, Fresh Fruit Sale Sunflower Seeds & Chicken, Fr	
Other Selection From Cold Options:  Other Selection From Cold Options:  Blueberries & Strawberries Sale & Sunflower Seeds, Fresh Fruit Options:	
Copitolis:  Options:  Dizza  Lean Beef Taco Salad w/Chunk  Dressing, Tortilla Chips, Fresh	y Tomato Fruit
Vegetarian Taco Salad w/Chund Dressing, Tortilla Chips, Fresh	
Greek Saind w/Grilled Chicken Fruit	, Pita Bread, Fresh
Greek Salad, Pita Bread, Fresh	
Bagel w/Cream Cheese, Veggie Fresh Fruit	s & Hummus,
Bagel w/Jelly, Veggies & Humi	nus, Fresh Fruit
MYO Turkey & Cheese Stocke Hummus, Fresh Fruit	:s, Veggies &
MYO Turkey Stackers, Veggies Fruit	& Hummus, Fresh
MYO Cheese Stockers, Veggiese Fruit	& Hummus, Fresh