



LUNCHEON CALENDAR SAMPLE

EVERYDAY COLD ALTERNATES:

(Each served with fruit & veggies)

* Chocolate Banana Muffin*

Vanilla Yogurt & Berry Sauce

** Cheese & Crackers Plate**

** Green Salad with Grilled Chicken, Balsamic Vinaigrette**

** Turkey or Genoa Salami or American Cheese Sandwich **
on Whole Wheat Bread

ADD-ON's:
Organic Milk
(reg. or chocolate)
100% Juice Box
Conventional Milk
Bottled Water

**All meals are served
with fruit and
vegetable of the day.**

MONDAY Chicken Nuggets	TUESDAY Fish Sticks	WEDNESDAY Mac 'N Cheese	THURSDAY Chicken Taquitos	FRIDAY
Available Everyday: Cheese and Bean Burrito Grilled Cheese Pizza				1 Pizza Day! or Grilled Turkey & Cheese or Grilled Cheese
Pasta of the Week: Whole Grain Pasta with Butter & Cheese				
4 Spaghetti Marinara with Turkey Meatballs or Veggie Balls	5 Selection of Cold Options	6 Fresh Oven-Baked Chicken Nuggets <small>(Fresh Chicken Breast, Egg, Whole Wheat Flour, Wheat Germ, Carrot and Sweet Potato) or Baked Tofu Nuggets</small> <small>(Prepared similar to above)</small>	7 Selection of Cold Options	8 Pizza Day! or Grilled Turkey & Cheese or Grilled Cheese
Pasta of the Week: Macaroni & Cheese				
11 Honey Grilled Chicken Or Grilled Veggie Cakes Both over Couscous	12 Selection of Cold Options	13 Pizza Day!	14 Selection of Cold Options	15 Macaroni & Cheese <small>(Whole wheat penne, Monterey jack cheese & cheddar cheese, milk, cauliflower)</small>
Pasta of the Week: Cheese Ravioli with Marinara Sauce				
18 Chicken Cutlet on a Bun <small>(Fresh Chicken Breast, Egg, Whole Wheat Flour, Wheat Germ, Carrot) or Veggie and Bean Burger</small>	19 Selection of Cold Options	20 Turkey Meatloaf <small>(Whole Wheat Breadcrumbs, Wheat germ, Egg, Yogurt, Milk) Or Vegetable Bean Patty</small>	21 Selection of Cold Options	22 Pizza Day! or Grilled Turkey & Cheese or Grilled Cheese
Pasta of the Week: Whole Grain Pasta with Marinara Sauce				
25 <i>Memorial Day No lunch served</i>	26 Sneaky Baked Ziti/Marinara Style <small>(Whole Wheat Pasta, Tofu, Tomato Sauce, Puree of Carrot & Sweet Potato, Parmesan Cheese, Low Fat Mozzarella Cheese)</small>	27 Selection of Cold Options	28 Chicken Noodle Soup Or Creamy Broccoli Soup Each with 1/2 cheese sandwich	29 Selection of Cold Options
Pasta of the Week: Whole Grain Pasta with Butter & Cheese				
CATERING SOLUTIONS <i>A Healthy School Lunch Program</i>				