

SAMPLE LUNCH 1

SEPTEMBER 2009

BK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>SEPTEMBER 1 "GYRO" ON WHOLE WHEAT PITA TZATSIKI SAUCE BAKED LAY'S POTATO CHIP PC SANDWICH / SALAD BAR</p>	<p>SEPTEMBER 2 SALISBURY STEAK W/ LOW SODIUM GRAVY SAVORY MASHED POTATOES DINNER ROLL SANDWICH / SALAD BAR</p>	<p>SEPTEMBER 3 BBQ CHICKEN BAKED BEANS WHEAT DINNER ROLL SANDWICH / SALAD BAR</p>	<p>SEPTEMBER 4 PIZZA DAY CHEESE PIZZA OR PEPPERONI PIZZA SWEET YELLOW CORN, 0 C ICE CREAM CUPS SANDWICH / SALAD BAR</p>
<p>SEPTEMBER 7 BAKED CHICKEN PATTY SANDWICH ON A WHOLE WHEAT ROLL W/ LETTUCE & TOMATO BAKED PC CHIPS CATSUP & MUSTARD PC'S SANDWICH / SALAD BAR</p>	<p>SEPTEMBER 8 MACARONI & CHEESE DINNER ROLL SANDWICH / SALAD BAR</p>	<p>SEPTEMBER 9 BEEF CHEESEBURGER ON A WHOLE WHEAT ROLL W/ LETTUCE & TOMATO CATSUP & MUSTARD PC'S BAKED PC CHIPS SANDWICH / SALAD BAR</p>	<p>SEPTEMBER 10 NACHO MEAT (BEEF CRUMBLES) LO-FAT SHREDDED CHEDDAR TORTILLA CHIPS OR WARM SOFT TORTILLAS SOUR CREAM, SALSA, SHRED LETTUCE SANDWICH / SALAD BAR</p>	<p>SEPTEMBER 11 CHIPOTLE "STYLE" BUFFET CHICKEN WHITE LIME RICE BLACK BEANS PEPPERS & ONIONS MILD SALSA SANDWICH / SALAD BAR</p>
<p>SEPTEMBER 14 TERIYAKI CHICKEN STRIPS MULTI GRAIN RICE SANDWICH / SALAD BAR</p>	<p>SEPTEMBER 15 ITALIAN TURKEY MEATBALL SUB W/ PEPPERS, ONIONS & CHEESE BAKED SUN CHIPS SANDWICH / SALAD BAR</p>	<p>SEPTEMBER 16 ROASTED TURKEY & GRAVY SAVORY MASHED POTATOES DINNER ROLL FRESH APPLE SANDWICH / SALAD BAR</p>	<p>SEPTEMBER 17 OVEN FRIED CHICKEN LEGS BAKED BEANS & MASHED POTATOES SANDWICH / SALAD BAR</p>	<p>SEPTEMBER 18 PIZZA DAY CHEESE PIZZA OR PEPPERONI PIZZA SWEET YELLOW CORN, 0 C ICE CREAM CUPS SANDWICH / SALAD BAR</p>
<p>SEPTEMBER 21 HONEY BBQ WINGS SAVORY MASHED POTATOES DINNER ROLL SANDWICH / SALAD BAR</p>	<p>SEPTEMBER 22 ALL BEEF HOT DOGS ON BUN CHILI & CHEESE & CATSUP BAKED CHIPS SANDWICH / SALAD BAR</p>	<p>SEPTEMBER 23 CHICKEN ALFREDO GARLIC BREAD STEAMED BROCCOLI & CARROT COINS SANDWICH / SALAD BAR</p>	<p>SEPTEMBER 24 PHILLY CHEESE STEAK PEPPERS & ONIONS (MELONS, FRESH PINEAPPLE) SANDWICH / SALAD BAR</p>	<p>SEPTEMBER 25 CHICKEN BREAST CHUNK BONELESS WING DING W/ CATSUP SWEET YELLOW CORN DINNER ROLL SANDWICH / SALAD BAR</p>
<p>SEPTEMBER 28 SOFT CHICKEN TACO DICED CHIC BREAST IN LIGHT TACO SEASONING LO-FAT SHREDDED CHEDDAR WARM SOFT TORTILLAS SOUR CREAM, SALSA, SHRED LETTUCE SANDWICH / SALAD BAR</p>	<p>SEPTEMBER 29 "GYRO" ON WHOLE WHEAT PITA TZATSIKI SAUCE BAKED LAY'S POTATO CHIP PC SANDWICH / SALAD BAR</p>	<p>SEPTEMBER 30 SALISBURY STEAK W/ LOW SODIUM GRAVY SAVORY MASHED POTATOES DINNER ROLL SANDWICH / SALAD BAR</p>		

All alternates discussed on an individual basis as needed.
Specializing in Day Care and School Lunch Programs and Business and Office Luncheons
8 oz milk required with each meal