

# LUNCH MENU

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## Week 1

### MONDAY

Buffalo Chicken Wrap  
Celery and Carrot Sticks  
Low Fat Ranch Dip  
Cheddar Goldfish Crackers  
Apple Slices  
Pudding Cup

### TUESDAY

Turkey and Cheese on Whole Grain Roll  
Mayo and Mustard Packet  
Carrot Sticks with Low Fat Ranch Dip  
Pretzels  
Orange Slices  
Brownie

### WEDNESDAY

Chef Salad with Chicken  
Low Fat Italian Dressing  
Cheese Stick  
Whole Grain Dinner Roll  
Apple Sauce Cup  
Chocolate Chip Cookie Treat

### THURSDAY

Italian Combo Grinder (salami/ham/pepperoni)  
Lettuce & Tomato  
Mayo and Mustard Packet  
Baked Tortilla Chips  
Grapes  
Whole Grain Animal Crackers

### FRIDAY

Cold Chicken Tenders  
BBQ Sauce Cup  
Whole Grain Jamaican Sweet Roll  
Vegetable Sticks with Low Fat Ranch Dip  
Peach  
Elf Grahams

## Week 2

### MONDAY

Turkey & Cheese Whole Grain Roll  
Lettuce & Tomato  
Mayo and Mustard Packet  
Baked Tortilla Chips  
Apple Slices  
Brownie

### TUESDAY

Grilled Chicken Caesar Wrap  
Carrots and Celery Sticks  
Low Fat Ranch Dip  
Popcorn  
Banana  
Giant Chocolate Goldfish Graham Cookie

### WEDNESDAY

Ham & Cheese on Pretzel Roll  
Mayo and Mustard Packet  
Carrot Sticks and Low Fat Ranch Dip  
Baked Potato Chips  
Watermelon Wedge  
Chocolate Chip Cookie Treat

### THURSDAY

Turkey Club Grinder  
Lettuce, Tomato and Turkey Bacon  
Mayo and Mustard Packet  
Pretzel Goldfish Crackers  
Strawberries  
Keebler Cinnamon Bug Bites

### FRIDAY

Cold Chicken Tenders  
BBQ Sauce Cup  
Cheese Stick  
Low Fat Corn Muffin  
Vegetable Sticks with Low Fat Ranch Dip  
Blueberries  
Pudding Cup