

# ***LUNCH MENU***

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## ***Week 1***

### **MONDAY**

Turkey and Cheese Sub  
Celery and Carrot Sticks with  
Low Fat Ranch Dip  
Cheddar Goldfish Crackers  
Grapes  
Pudding Cup

### **TUESDAY**

Grilled Chicken Caesar Wrap  
Mayo and Mustard Packets  
Carrot Sticks with Low Fat  
Ranch Dip  
Pretzels  
Orange Slices  
Brownie

### **WEDNESDAY**

Chef Salad with Chicken Tenders  
(Lettuce, Tomato, Turkey Bacon)  
Low Fat Italian Dressing  
Cheese Stick  
Whole Grain Dinner Roll  
Blueberries  
Chocolate Chip Cookie Treat

### **THURSDAY**

Honey Mesquite Chicken and Cheese  
(Lettuce, Tomato) on a Pretzel Roll  
Mayo and Mustard Packets  
Baked Tortilla Chips  
Grapes  
Whole Grain Animal Crackers

### **FRIDAY**

B.L.T. Grinder (Turkey Bacon, Lettuce,  
Tomato, Mustard, Mayo) on a Kaiser Roll  
Vegetable Sticks with Low Fat Ranch Dip  
Peach  
Elf Grahams

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## ***Week 2***

### **MONDAY**

Southwestern Chicken Wrap  
Mayo and Mustard Packets  
Baked Nacho Cheese Doritos  
Honeydew Melon  
Brownie

### **TUESDAY**

Turkey Sandwich on a  
French Bread Roll  
Vegetable Sticks with  
Low Fat Ranch Dip  
Popcorn  
Banana  
Chocolate Cake

### **WEDNESDAY**

American Combo (Turkey, Ham,  
Pepperoni, Lettuce, Tomato) on a  
Kaiser Roll  
Mayo and Mustard Packets  
Baked Lays Potato Chips  
Honeydew Melon  
Whole Grain Animal Crackers

### **THURSDAY**

Chef Salad with Chicken Tenders  
(Lettuce, Tomato, Turkey Bacon)  
Mayo and Mustard Packets  
Pretzel Goldfish Crackers  
Strawberries  
Keebler Cinnamon Bug Bites

### **FRIDAY**

Turkey Bacon Grinder (Turkey Ham, Turkey Bacon,  
Tomato, Greens, Sage Aioli) on a French Bread Roll  
Mayo and Mustard Packets  
Carrots with Low Fat Ranch Dip  
Apple Slices  
Chocolate Chip Cookie Treat