



Cold Lunch - SEPTEMBER 2020

“Find a way to be healthy and do it!” by Alysiana, grade 3 from Notre Dame De Lourdes School

Nutritional Development Services

Menu is subject to change, a variety of low fat or skim milk is offered daily, condiments offered daily, fruit and vegetable juices are 100% juice, grains are whole grain rich, all items are pork-free.

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey and Cheese on Wheat Bread Fresh Fruit Fiesta Corn Salad Milk 31	BBQ Chicken Salad Fresh Fruit Romaine Salad Dinner Roll Milk 1	Roast Beef and Cheese Sandwich on a Kaiser Roll Fresh Fruit Bagged Baby Carrots Milk 2	Tuna Salad Sandwich on Flatbread Fresh Fruit Garbanzo Bean Salad Milk 3	Chicken Caesar Wrap Fresh Fruit Cole Slaw Milk 4
Labor Day 7	Asian Noodle Salad Fresh Fruit Broccoli Milk 8	Chicken Salad BLT Wrap Fresh Fruit Cucumber Salad Milk 9	Chipotle Turkey Wrap Fresh Fruit Three Bean Salad Milk 10	Turkey and Cheese Goldfish Bread Fresh Fruit Bagged Baby Carrots Milk 11
Turkey-Ham and Cheese on a Pretzel Roll Fresh Fruit Fiesta Corn Salsa Milk 14	Tuna Salad Sandwich on Flatbread Fresh Fruit Celery Sticks Milk 15	Chef Salad Fresh Fruit Croutons Milk 16	Southwest Chicken Fajita Wrap Fresh Fruit Black Bean and Corn Salad Milk 17	Egg Salad Sandwich on a Kaiser Roll Fresh Fruit Diced Tomato Salad Milk 18
Beef Bologna and Cheese on Wheat Bread Fresh Fruit Carrot and Raisin Salad Milk 21	Hummus Protein Pack with Pita Bread Fresh Fruit Sliced Cucumbers Milk 22	Turkey Cobb Salad with a Dinner Roll Fresh Fruit Milk 23	Buffalo Chicken Wrap Fresh Fruit Buttermilk Ranch Potato Salad Milk 24	Turkey BLT on a Flatbread Fresh Fruit White Bean Salad Milk 25
 28	 29	 30		