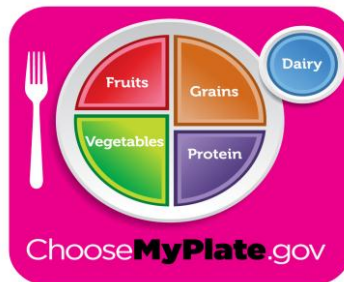


Summer Lunch Menu [HSA] Sample 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">1</p> <p>2oz. Grilled BBQ Chicken Strips w/ 1 c. Local Romaine Lettuce .5 oz. Shredded Cheese 3/4 c. Orange Sections 8 oz. Skim or 1% Milk *Fat free Ranch Dressing</p>	<p style="text-align: right;">2</p> <p>3oz. Turkey-Ham & Cheese Wrap on Whole Wheat Wrap 1/2c. Corn & Black Bean Salad 3/4 c. Local Peach 8 oz. Skim or 1% Milk *Honey-Mustard Spread</p>	<p style="text-align: right;">3</p> <p>3 oz. Tuna Salad Sandwich on Whole Grain Roll 1/2 c. Spinach & Bacon Salad 1/2 c. Pineapple Cup 8 oz. Skim or 1% Milk *Lite Mayonnaise Packet</p>	<p style="text-align: right;">4</p> <p>2.5 oz. Smoked Turkey & Cheese 1/2 c. Broccoli Salad 2 packs - Whole Wheat Crackers 100% Fruit Juice 8 oz. Skim or 1% Milk *Fat free Ranch or Italian Dressing</p>	<p style="text-align: right;">5</p> <p>3 oz. Chicken Salad Sandwich on Whole Wheat Pita 1/2 c. Macaroni & Carrot Salad 1/2 c. Chilled Fruit Cocktail Cup 8 oz. Skim or 1% Milk *Lite Mayonnaise Packet</p>
<p style="text-align: right;">8</p> <p>2 oz. Turkey Bologna Sandwich w/ 1/2 c. Local Romaine Lettuce .5 oz. Shredded Cheese 3/4 c. Watermelon 8 oz. Skim or 1% Milk *Fat free Caesar Dressing & Croutons</p>	<p style="text-align: right;">9</p> <p>2 oz. Chicken Caesar Salad w/ 1 c. Local Romaine Lettuce .5 oz. Shredded Cheese 3/4 c. Fresh Fruit Cup 8 oz. Skim or 1% Milk *Fat free Caesar Dressing & Croutons</p>	<p style="text-align: right;">10</p> <p>3 oz. Turkey Ham & Cheese on Whole Grain Roll 1/2 c. Pineapple Cup w/ 1/2 c. Local Romaine Lettuce 8 oz. Skim or 1% Milk *Fat free Ranch Dressing</p>	<p style="text-align: right;">11</p> <p>3 oz. Southwest Chicken Wrap on Whole Wheat Wrap 1/2 c. Broccoli Salad 3/4 c. Local Peach 8 oz. Skim or 1% Milk *Chipotle Mayonnaise</p>	<p style="text-align: right;">12</p> <p>3 oz. Chicken Salad Sub on Whole Wheat Hoagie 1/2 c. Carrot & Cabbage Slaw 100% Fruit Juice 8 oz. Skim or 1% Milk *Lite Mayonnaise Packet</p>
<p style="text-align: right;">15</p> <p>2oz. Grilled BBQ Chicken Strips w/ 1 c. Local Romaine Lettuce .5 oz. Shredded Cheese 3/4 c. Orange Sections 8 oz. Skim or 1% Milk *Fat free Ranch Dressing</p>	<p style="text-align: right;">16</p> <p>3oz. Turkey-Ham & Cheese Wrap on Whole Wheat Wrap 1/2c. Corn & Black Bean Salad 3/4 c. Local Peach 8 oz. Skim or 1% Milk *Honey-Mustard Spread</p>	<p style="text-align: right;">17</p> <p>3 oz. Tuna Salad Sandwich on Whole Grain Roll 1/2 c. Spinach & Bacon Salad 1/2 c. Pineapple Cup 8 oz. Skim or 1% Milk *Lite Mayonnaise Packet</p>	<p style="text-align: right;">18</p> <p>2.5 oz. Smoked Turkey & Cheese 1/2 c. Broccoli Salad 2 packs - Whole Wheat Crackers 100% Fruit Juice 8 oz. Skim or 1% Milk *Fat free Ranch or Italian Dressing</p>	<p style="text-align: right;">19</p> <p>3 oz. Chicken Salad Sandwich on Whole Wheat Pita 1/2 c. Macaroni & Carrot Salad 1/2 c. Chilled Fruit Cocktail Cup 8 oz. Skim or 1% Milk *Lite Mayonnaise Packet</p>
<p style="text-align: right;">22</p> <p>2 oz. Turkey Bologna Sandwich w/ 1/2 c. Local Romaine Lettuce .5 oz. Shredded Cheese 3/4 c. Watermelon 8 oz. Skim or 1% Milk *Fat free Caesar Dressing & Croutons</p>	<p style="text-align: right;">23</p> <p>2 oz. Chicken Caesar Salad w/ 1 c. Local Romaine Lettuce .5 oz. Shredded Cheese 3/4 c. Fresh Fruit Cup 8 oz. Skim or 1% Milk *Fat free Caesar Dressing & Croutons</p>	<p style="text-align: right;">24</p> <p>3 oz. Turkey Ham & Cheese on Whole Grain Roll 1/2 c. Pineapple Cup w/ 1/2 c. Local Romaine Lettuce 8 oz. Skim or 1% Milk *Fat free Ranch Dressing</p>	<p style="text-align: right;">25</p> <p>3 oz. Southwest Chicken Wrap on Whole Wheat Wrap 1/2 c. Broccoli Salad 3/4 c. Local Peach 8 oz. Skim or 1% Milk *Chipotle Mayonnaise</p>	<p style="text-align: right;">26</p> <p>3 oz. Chicken Salad Sub on Whole Wheat Hoagie 1/2 c. Carrot & Cabbage Slaw 100% Fruit Juice 8 oz. Skim or 1% Milk *Lite Mayonnaise Packet</p>



Minimum Serving Amounts Include:
1 Serving or 1 Slice – Whole Grain (WG) Products
8 oz. - Fat Free or 1% Low-fat Milk

¾ c - Whole Fruit/Fresh Veggies, 100% Fruit Juice
2 oz. - Lean Meat or ½ c Meat Alternate