FRESHLUNCHES SAMPLE WEEKLY LUNCH MENU 2010

DAY	ENTRÉE Vegetarian & Non-Vegetarian	SIDE 1	SIDE 2	DRINKS
MON	☐ Beef Teriyaki Bowl w/ Brown Rice ☐ Salmon Pasta with Lemon Butter & Asparagus ☐ Turkey & Cheese Roll-Up (Honey Mustard) ☐ All Natural Baked Chicken Tenders & Penne Pasta ☐ Caesar Salad w/ Whole Wheat Croutons	☐ Organic Baby Carrots & Celery w/ Dipper ☐ Organic Potato Salad w/Petite Peas ☐ Fresh Fruit Medley Cup ☐ Fresh Garden Salad	☐ Clif Kid Organic ZBar ☐ Chocolate Animal Crackers ☐ Carrot Cake Muffin (Wholewheat) ☐ Whole Wheat Honey Pretzels	☐ 8 oz. bottle water ☐ Horizon Organic Milk (2%) ☐ Organic 100% Apple Juice ☐ Soy Chocolate Milk (8 oz) ☐ Fresh Fruit Smoothies
TUES	☐ Easy Mac N' Cheesy (no butter or added cream) ☐ Turkey Meatloaf, Mashed Potatoes, Sautéed Green Beans ☐ Chicken Popsicle Skewers & Fluffy Rice ☐ BBQ Chicken Chop Salad ☐ Organic AB&J Heart Shaper (Whole Wheat Grain)	☐ Cucumber Dials w/ Yogurt Dipper ☐ Orange Wedges ☐ Fresh Garden Salad ☐ Fresh Fruit Medley Cup	☐ Freshlunches Hummus & Parmesan Crackers ☐ Baked Cheddar Bunnies (Organic Grains) ☐ Fruit Granola Squares ☐ Summer Berry Pudding	☐ 8 oz. bottle water ☐ Horizon Organic Milk (2%) ☐ Organic 100% Apple Juice ☐ Soy Chocolate Milk (8 oz) ☐ Fresh Fruit Smoothies
WED	☐ Home-Made Chicken Enchilada, Spanish Rice & Peas ☐ Beef & Broccoli w/ Steam Rice ☐ Tomato, Mozzarella and Pesto Sandwich (no nuts) ☐ Organic Mesclun Mix with Goat Cheese and Fresh Seasonal Berries (Honey Balsamic Vinaigrette) ☐ Chicken Paella (w/ Nitrate Free Chicken Apple Sausage) & Saffron Rice	☐ Sugar Snap Peas w/ Dipper ☐ Whole Banana ☐ Fresh Fruit Medley Cup ☐ Southwestern Bean & Lentil Salad	☐ All-Natural Sun Chips ☐ Organic Vanilla Cookies ☐ Blueberry Muffins (Wholewheat) ☐ Organic Raisins	☐ 8 oz. bottle water ☐ Horizon Organic Milk (2%) ☐ Organic 100% Apple Juice ☐ Soy Chocolate Milk (8 oz) ☐ Fresh Fruit Smoothies
THU	☐ Veggie Sushi (Avocado, Cucumber, Carrots) & Light Soy ☐ Mandarin Orange Chicken w/ Jade Rice ☐ Cheese Quesadilla (Whole Wheat) w/ Side of Salsa & Sour Cream ☐ Spaghetti with Home-Made Meatballs, Organic Marinara ☐ Crunchy Chinese Chicken Salad (Orange Sesame Vinaigrette)	☐ Veggie Sticks w/ Hummus Dipper ☐ Edamame & Black Bean Salad ☐ Fresh Garden Salad ☐ Fresh Fruit Medley Cup	☐ Zucchini & Coconut Muffins ☐ Corn Bread ☐ All-Natural Pop Chips ☐ Organic Yogurt Tubes	☐ 8 oz. bottle water ☐ Horizon Organic Milk (2%) ☐ Organic 100% Apple Juice ☐ Soy Chocolate Milk (8 oz) ☐ Fresh Fruit Smoothies
FRI	☐ Angus Burger w/ Organic Oven Baked Fries ☐ Healthy Chicken Alfredo Pasta (Yogurt-Base Sauce) ☐ Plain Baby Shell Pasta (Parmesan) ☐ Organic Veggie Taco Kit (Organic Baked Beans & Salsa) ☐ Turkey Pesto Cranberry Wrap (Bing Cherries, Currants and Golden Raisins)	☐ Fresh Garden Salad ☐ Fresh Fruit Medley Cup ☐ Grilled Veggies ☐ Garlic Bread	☐ Banana & Chocolate Chip Muffin ☐ Whole Wheat Crackers ☐ Organic Corn Chips ☐ Organic Fruit Twister	☐ 8 oz. bottle water ☐ Horizon Organic Milk (2%) ☐ Organic 100% Apple Juice ☐ Soy Chocolate Milk (8 oz) ☐ Fresh Fruit Smoothies

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