



August 2010



Site Sandwich Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Italian Grinder 2 Lettuce, Tomato Fresh Orange Tropical Fruit Salad Apple Crisp 8	Meatball Sub 3 Lettuce, Tomato Coleslaw w/ Vinegar Dressing Watermelon 5	Russian Sandwich 4 Lettuce, Tomato Raisin Box Applesauce 6	BLT with 5 Cheese Sandwich Coleslaw w/ Vinegar Dressing Raisin Box Sweetened Plums 8	Uptown Turkey & 6 Ham Sandwich with Chive Cream Cheese Lettuce, Tomato Three Bean Salad Applesauce Banana Cream Dessert 8
Chicken Salad 9 On Whole Wheat Hamburger Bun Lettuce, Tomato Plums Apple 5	Tomato, Salami, 10 Spinach Sandwich Coleslaw w/ Vinegar Dressing Fresh Orange Banana Cream Dessert 10	Turkey & American 11 w/ Pesto Mayo on Onion Roll Lettuce, Tomato Peaches Apple Crisp 7	Seafood Sub 12 w/ Lettuce Three Bean Salad Carrot & Celery Sticks Raisin Box 8	Chicken 13 Burrito Taco Sauce Corn w/Peppers Orange Juice 7
Blue Cheese Wrap 16 Coleslaw w/Vinegar Dressing Raisin Box Applesauce Rice Pudding 11	Turkey on Bagel 17 Lettuce, Tomato Raisin Box Apricots 6	Club Sub 18 Lettuce, Tomato Banana Apple Crisp 7	Meatloaf Sandwich 19 Lettuce, Tomato Tossed Salad Apple 5	Chicken Fajita Wrap 20 Three Bean Salad Mandarin Oranges Banana Cream Dessert 7
Tuna 23 Fruit Sandwich Lettuce and Tomato Peaches Rice Pudding 8	Peanut Butter & 24 Jelly Sandwich Carrot & Celery Sticks Raisin Box Pineapple Tidbits 9	Chicken 25 Vegetable Pita Lite Ranch Dressing Plums Apple Juice Apple Crisp 11	Ham, Apple, Swiss 26 Sandwich Three Bean Salad Creamy Fruit Salad Fresh Orange Cake w/Frosting 9	Reuben Sandwich 27 Lettuce, Tomato 1000 Island Dressing Carrot & Celery Sticks Banana 5
Southwestern Wrap 30 Toss Salad Fresh Orange 5	Hawaiian Ham 31 Sandwich With Pineapple Raisin Box Pears Banana Cream Dessert 9			

Menu

Includes fat free milk

Meals provides 1/3 of the Recommended Daily Allowance (RDA)

Menu subject to change

Special Events:

- Aug 3: Watermelon Day
- Aug 15: Relaxation Day
- Aug 26: Birthday Party
- Aug 29: More Herbs, Less Salt Day

National Eye Exam Month
Foot Health Month

