

## **SAMPLE TWO WEEK MENU**



### **Monday**

- Choice 1 Chicken Quesadilla with side salad
- Choice 2 Chef salad with whole wheat roll

### **Tuesday**

- Choice 1 Lasagna (with lean ground beef) with green salad
- Choice 2 Turkey vegetable soup with whole wheat roll

### **Wednesday**

- Choice 1 Chicken burger (baked) with lettuce & tomato
- Choice 2 Caesar salad with whole wheat roll

### **Thursday**

- Choice 1 Sweet and sour chicken stir fry with rice
- Choice 2 Chicken noodle soup with whole wheat roll

### **Friday**

- Choice 1 Turkey sub (with whole wheat bun if available)
- Choice 2 Grilled cheese sandwich (whole wheat bread) with carrot & dip

### **Monday**

- Choice 1 Chicken wrap with green salad
- Choice 2 Chicken noodle soup with whole wheat crackers

### **Tuesday**

- Choice 1 Macaroni & cheese with green salad
- Choice 2 Club sub (chicken & ham)

### **Wednesday**

- Choice 1 Hot turkey dinner (with small amount of gravy)
- Choice 2 Goulash (smart pasta & lean beef) with whole wheat roll

### **Thursday**

- Choice 1 Turkey soup with whole wheat roll
- Choice 2 Tuna melt sandwich and fruit cup

### **Friday**

- Choice 1 Cheese Pizza with green salad
- Choice 2 Spinach salad with strawberries and chicken

**AVAILABLE EVERY DAY:** Wraps, Salads, Soups, Fruit Cups, Fresh Fruit