

February 2010

Healthy Lunch Menu

* Vegetarian Menu

Monday

Mini Cheese Pizza
served with ham and pineapple on the side

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Tuesday

Chicken and Cheese Quesadilla
served with refried beans and guacamole

* Cheese Quesadilla

Wednesday

Chicken and Vegetable Chow Mein
served with fruit

* Vegetable Chow Mein

Thursday

Beef and Broccoli
served over rice

* Cheese Stick served with rice and broccoli

Friday

Mac 'n Cheese
served with carrots and apple sauce

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Lunch is accompanied by milk & water