

# LUNCH MENU

## **Sessions 1, 4, 7**

### Monday

All Beef Hot Dog  
Miller's Carrot Sticks w/ Ranch Dressing  
Fresh Fruit  
Fruit Punch/Water

### Tuesday

Penne Pasta & Ground Beef  
Steamed Veggies  
Fresh Fruit  
Fruit Punch/Water

### Wednesday

Cheese & Turkey Sandwich  
Carrot Sticks w/ Ranch Dressing  
Fresh Fruit  
Fruit Punch/Water

### Thursday

BBQ Chicken Tenders  
Mashed Potatoes  
Steamed Veggies  
Fresh Fruit  
Fruit Punch/Water

### Friday

Personal Cheese Pizza  
Chopped Garden Salad  
Fresh Fruit  
Fruit Punch/Water

## **Session 2, 5**

### Monday

Cheese Quesilla, Salsa  
Spanish Rice  
Fresh Fruit  
Fruit Punch/Water

### Tuesday

Spaghetti & Meatballs  
Steamed Veggies  
Fresh Fruit  
Fruit Punch/Water

### Wednesday

Grilled Cheese  
Spanish Rice, Sour Cream  
Fresh Fruit  
Fruit Punch/Water

### Thursday

Regular Chicken Tenders  
Steamed Rice, Steamed Veggies  
Fresh Fruit  
Fruit Punch/Water

### Friday

Personal Cheese Pizza  
Chopped Garden Salad  
Fresh Fruit  
Fruit Punch/Water

## **Sessions 3, 6**

### Monday

"Impossible" Plant Based Burger  
Carrot Sticks w/ Ranch Dressing  
Fresh Fruit  
Fruit Punch/Water

### Tuesday

Home Made Mac n' Cheese  
Steamed Veggies  
Fresh Fruit  
Fruit Punch/Water

### Wednesday

Grilled Cheese on 9 Grain Sandwich  
Carrot Sticks w/ Ranch Dressing  
Fresh Fruit  
Fruit Punch/Water

### Thursday

Orange Ginger Chicken  
Steamed Rice, Steamed Veggies  
Fresh Fruit  
Fruit Punch/Water

### Friday

Personal Cheese Pizza  
Chopped Garden Salad  
Fresh Fruit  
Fruit Punch/Water