



Staff Lunch Menu September 2020 Lemont-Bromberek SD113A

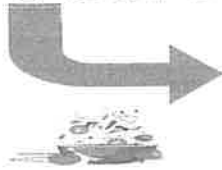
All entrees \$4.25 All Entrees are served with: Fresh or Chilled Fruit. Sides Chips, Breads, Crackers

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Grilled Chicken BLT Sandwich Fresh Fruit	2 Turkey Cobb Salad Bowl Fresh Fruit	3 Pasta Primavera Salad Bowl Crackers	4 Asian Chicken Wrap Crackers
7 Holiday	8 Grilled Chicken BLT Sandwich Fresh Fruit	9 Turkey Cobb Salad Bowl Chips	10 Mediterranean Salad Bowl Chips	11 Asian Chicken Wrap Chips
14 Turkey & Swiss Sandwich Chips	15 Pasta Pesto Chicken Salad Bowl Crackers	16 Southwest Chicken Fiesta Bowl Tortilla Chips	17 Pasta Primavera Salad Bowl Fresh Fruit	18 Asian Chicken Wrap Chips
21 Turkey & Swiss Sandwich Chips	22 Pasta Pesto Chicken Salad Bowl Crackers	23 Chicken Cobb Salad Bowl Cracker	24 Pasta Primavera Salad Bowl Fresh Fruit	25 Asian Chicken Wrap Chips
28 Turkey & Swiss Sandwich Chips	29 Grilled Chicken BLT Sandwich Chips	30 Southwest Chicken Fiesta Bowl Tortilla Chips		

LET'S GET
COOKING



FUN FACT!



Many fruits and vegetables are available in fresh, frozen and canned varieties. Frozen is sometimes more convenient and just as nutritious as fresh. Choosing frozen can be a good way of enjoying fruit or vegetables that are not in season locally.

Discover

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				
	Bread Hoagie	Ranch Dressing	Ranch Dressing	Tai Chili Sauce
	Mayo	Crackers	Crackers	Cracker
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Week 2				
	Bread Hoagie	Ranch Dressing	Greek Vinaigrette	Tai Chili Sauce
Holiday	Mayo	Chips	Chips	Cracker
	Fresh Fruit	Fresh Fruit	Chips	Fresh Fruit
Week 3				
Spicy Brown Mustard	Bed of Romaine	Chipotle Dressing	Italian Vinaigrette	Tai Chili Sauce
Chips	Crackers	Tortilla Chips	Chips	Crackers
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Week 4				
Spicy Brown Mustard	Bed of Romaine	Ranch Dressing	Italian Vinaigrette	Tai Chili Sauce
Chips	Crackers	Crackers	Chips	Crackers
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fruit Fruit
Week 5				
Spicy Brown Mustard	Bread Hoagie	Chipotle Dressing		
Chips	Mayo	Chips		
Fresh Fruit	Fresh Fruit	Fresh Fruit		