

# September 2017

## HIGHLAND OAKS LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ CHICKEN BURGER CHEESE BREAD WITH MARINARA* TURKEY & HAM SANDWICH
4 LABOR DAY HOLIDAY	5 SPAGHETTI TACOS ORANGE CHICKEN & RICE CHEESE QUESADILLA* PASTRAMI SANDWICH	6 PIZZA SLICE* BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*	7 POPCORN CHICKEN CORN DOG PB&J SANDWICH*	8 BBQ CHICKEN, CORN CHEESE BREAD WITH MARINARA* TURKEY & HAM SANDWICH
11 CHICKEN GIGGLES CHEESEBURGER TWINS PB&J SANDWICH* YOGURT, STRING CHEESE, AND CRACKERS*  COOKIE	12 BAKED PASTA* ORANGE CHICKEN & RICE PASTRAMI SANDWICH	13 PIZZA SLICE* BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*   KIWI TASTING	14 POPCORN CHICKEN CORN DOG CHEESE QUESADILLA* PB&J SANDWICH*	15 MINIMUM DAY  SACK LUNCH
18 CHICKEN GIGGLES CHEESEBURGER TWINS PB&J SANDWICH* YOGURT, STRING CHEESE, AND CRACKERS*	19 SPACHETTI TACOS ORANGE CHICKEN & RICE CHEESE QUESADILLA* PASTRAMI SANDWICH	20 PIZZA SLICE* BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*	21 MINIMUM DAY  SACK LUNCH	22 BBQ CHICKEN BURGER CHEESE BREAD WITH MARINARA* TURKEY & HAM SANDWICH
25 CHICKEN GIGGLES CHEESEBURGER TWINS PB&J SANDWICH* YOGURT, STRING CHEESE, AND CRACKERS*	26 MACARONI & CHEESE* ORANGE CHICKEN & RICE PASTRAMI SANDWICH	27 PIZZA SLICE* BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*	28 POPCORN CHICKEN CORN DOG CHEESE QUESADILLA PB&J SANDWICH*	29 PEPPERBELLIES CHEESE BREAD WITH MARINARA* TURKEY & HAM SANDWICH

Harvest  
of the  
Month

Network for a Healthy California



### OFFERED DAILY:

1% LOWFAT MILK  
NONFAT CHOC. MILK  
FRESH FRUITS  
AND VEGETABLES

Choose at least 3  
components  
(meat, grain, milk, fruit  
or vegetable)

1 must be a fruit or  
vegetable

All meals are low sodium  
and all grains are whole  
grains!

\*Vegetarian Meal