


# September 2017

## FOOTHILLS LUNCH MENU

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|---|--|---|--|
|  |   |  |   | 1<br>BBQ DRUMSTICKS<br>FISH SANDWICH<br>BEAN & CHEESE BURRITO*<br>PB&J SANDWICH*                 |
| 4<br>LABOR DAY   | 5<br>TACO<br>BBQ PORK SANDWICH<br>SPAGHETTI<br>CHICKEN CAESAR SALAD<br>PANINI & HUMMUS*   | 6<br>BONELESS WINGS<br>POPCORN CHICKEN<br>ASIAN SALAD<br>PB&J SANDWICH*  | 7<br>HAMBURGER<br>CHEESEBURGER<br>BAHN MI SANDWICH<br>PITA & HUMMUS*  | 8<br>TERIYAKI CHICKEN & RICE<br>CHILI CHEESE WEDGES<br>BEAN & CHEESE BURRITO*<br>PB&J SANDWICH*  |
| 11<br>PIZZA SLICE*<br>LASAGNA<br>GRILLED CHICKEN SALAD<br>PB&J SANDWICH* | 12<br>TACO<br>CHICKEN PARMESAN SANDWICH<br>BAKED PASTA<br>CHICKEN CAESAR SALAD<br>PANINI & HUMMUS*  | 13<br>BONELESS WINGS<br>POPCORN CHICKEN<br>ASIAN SALAD<br>PB&J SANDWICH* | 14<br>HAMBURGER<br>CHEESEBURGER<br><br>HOT DOG<br>PITA & HUMMUS* | 15<br>BBQ DRUMSTICKS<br>FISH SANDWICH<br>BEAN & CHEESE BURRITO*<br>PB&J SANDWICH*                |
| 18<br>PIZZA SLICE*<br>RAVIOLI<br>GRILLED CHICKEN SALAD<br>PB&J SANDWICH* | 19<br>TACO<br>BBQ PORK SANDWICH<br>SPAGHETTI<br>CHICKEN CAESAR SALAD<br>PANINI & HUMMUS*<br><br>KIWI TASTING | 20<br>BONELESS WINGS<br>POPCORN CHICKEN<br>ASIAN SALAD<br>PB&J SANDWICH* | 21<br>MINIMUM DAY<br>SACK LUNCH   | 22<br>TERIYAKI CHICKEN & RICE<br>CHILI CHEESE WEDGES<br>BEAN & CHEESE BURRITO*<br>PB&J SANDWICH* |
| 25<br>PIZZA SLICE*<br>LASAGNA<br>GRILLED CHICKEN SALAD<br>PB&J SANDWICH* | 26<br>TACO<br>CHICKEN PARMESAN SANDWICH<br>MACARONI & CHEESE*<br>CHICKEN CAESAR SALAD<br>PANINI & HUMMUS*   | 27<br>BONELESS WINGS<br>POPCORN CHICKEN<br>ASIAN SALAD<br>PB&J SANDWICH* | 28<br>HAMBURGER<br>CHEESEBURGER<br>HOT DOG<br>PITA & HUMMUS*  | 29<br>BBQ DRUMSTICKS<br>FISH SANDWICH<br>BEAN & CHEESE BURRITO<br>PB&J 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