



# October 2017

## FIRST AVENUE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CORN DOG PASTRAMI SANDWICH SHREDDED BEEF BURRITO BEAN & CHEESE BURRITO* PB&J SANDWICH*	3 CHEESE RAVIOLI* CALZONE BBQ PORK SANDWICH BBQ CHICKEN & BAKED BEANS PANINI & HUMMUS*	4 BONELESS WINGS CRISPY CHICKEN SANDWICH TUNA SANDWICH PB&J SANDWICH*	5 HAMBURGER INDIVIDUAL PIZZA  HOT DOG PANINI & HUMMUS*	6 STAFF DEVELOPMENT DAY
9 CHEESEBURGER TWINS MEATBALL SANDWICH CHEF SALAD PB&J SANDWICH*	10 CALZONE TACO CHEESE RAVIOLI* SPAGHETTI PANINI & HUMMUS*	11 BONELESS WINGS FISH SANDWICH TURKEY SANDWICH PB&J SANDWICH*	12 HAMBURGER INDIVIDUAL PIZZA HOT DOG PANINI & HUMMUS*	13 MINIMUM DAY SACK LUNCH
16 CORN DOG PASTRAMI SANDWICH SHREDDED BEEF BURRITO BEAN & CHEESE BURRITO* PB&J SANDWICH*	17 CHEESE RAVIOLI* CALZONE BBQ PORK SANDWICH BAKED PASTA PANINI & HUMMUS*	18 BONELESS WINGS CRISPY CHICKEN SANDWICH TUNA SANDWICH PB&J SANDWICH*	19 HAMBURGER INDIVIDUAL PIZZA HOT DOG PANINI & HUMMUS*	20 BAKED CHICKEN & MASHED POTATOES PIZZA SLICE* PB&J SANDWICH*
23 CHEESEBURGER TWINS MEATBALL SANDWICH CHEF SALAD PB&J SANDWICH*	24 CALZONE TACO CHEESE RAVIOLI* SPAGHETTI PANINI & HUMMUS*	25 BONELESS WINGS FISH SANDWICH TURKEY SANDWICH PB&J SANDWICH*	26 COLLABORATION DAY SACK LUNCH	27 ORANGE CHICKEN & NOODLES PIZZA SLICE* PB&J SANDWICH*
30 CORN DOG PASTRAMI SANDWICH SHREDDED BEEF BURRITO BEAN & CHEESE BURRITO* PB&J SANDWICH*	31 CHEESE RAVIOLI* CALZONE BBQ PORK SANDWICH MACARONI & CHEESE* PANINI & HUMMUS*  PEAR TASTING			

**Harvest of the Month**  
  
 Network for Healthy California  


**OFFERED DAILY:**

- 1% LOWFAT MILK
- NONFAT CHOC. MILK
- FRESH FRUITS & 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!