



SEPTEMBER 2010

MONDAY	TUESDAY	WEDNESDAY 8th	THURSDAY 9th	FRIDAY 10th
		French Bread Pizza Or Ham and Cheese Sandwich STEAMED BROCCOLI	Chicken Gyro Or Vegetable Gyro GREEK SALAD	Chicken Tacos Or Fish Tacos STEAMED CORN
MONDAY 13th	TUESDAY 14th	WEDNESDAY 15th	THURSDAY 16th	FRIDAY 17th
Sirloin Burger Or Ham and Cheese Sub ROASTED ZUCCHINI	Penne Pasta with Pesto and Vegetables Or Chicken Caesar Wrap POTATO LEEK SOUP	Barbequed Chicken Pita Pizza Or Grilled Turkey Cheddar on Wheat PESTO GREEN BEANS	Pulled Pork Sandwich Or Chicken Noodle Soup ROASTED CARROTS	Grilled Cheese on Wheat Or Cobb Wrap TOMATO BASIL SOUP
MONDAY 20th	TUESDAY 21st	WEDNESDAY 22nd	THURSDAY 23rd	FRIDAY 24th
Plevalean Burger Or Turkey and Corn Chowder SWEET POTATO FRIES	Macaroni and Cheese Or Smoked Turkey in Wheat Pita VEGETABLE MEDLEY	LBI French Bread Pizza Or Vegetable – Lentil Wrap ROASTED CAULIFLOWER	Hot Turkey Sandwich with Gravy Or Ham and Cheese on Wheat MASHED POTATOES	Scrambled Eggs with Cheddar Cheese Or Waffles SALAD BAR / FRUIT



SEPTEMBER 2010

MONDAY 27th	TUESDAY 28th	WEDNESDAY 29th	THURSDAY 30th	FRIDAY
Rice Farms Hot Dogs	Fettuccine Alfredo	Pita Pizza	Chicken Quesadilla	
Or	Or	Or	Or	
Veggie Burger	Ham and Cheese Sandwich	Minestrone	Southwestern Caesar Wrap with Corn, Black Beans	
STEAMED BROCCOLI	BUTTERNUT SQUASH BISQUE	RISOTTO RICE WITH PEAS	VEGGIE CHILI	
Every Day	Every Day	Every Day	Every Day	Every Day
Milk, Fruit, Fresh Veggies Grain or Bread	Milk, Fruit, Fresh Veggies Grain or Bread	Milk, Fruit, Fresh Veggies Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread

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GET TO KNOW THE MENU

- RISOTTO- A creamy Italian Arborio rice enhanced with parmesan.
- MINISTRONE- An Italian signature dish which is a thick, hearty vegetarian dish.
- QUINOA- An Aztec grain that is gluten-free and a complete protein source.
- BULGUR - A cracked wheat that originates in the Middle East; oldest known processed food.
- PESTO- A classic Italian sauce pureed with pesto, garlic, parmesan, pine nuts, and olive oil.
- COUSCOUS- A staple of North African cuisine. Pasta made from semolina flour.
- LENTIL- A member of the legume family which includes beans, peas, and lentils.
- SPAGHETTI SQUASH- A yellow, hard-shelled squash that can be steamed or baked. After cooking the interior of the squash it can be flaked out with a fork. Resembles spaghetti with its long threads.
- EGGPLANT PARMESAN- An Italian dish where eggplant is layered and baked with marinara and cheese.
- CHOWDER- A hearty soup that has the addition of potatoes.
- STRATA- A baked egg custard dish usually with cheese and vegetables.
- BARLEY- Barley is a cereal grain derived from the annual grass *Hordeum Vulgare*.

Thank you to our corporate sponsors of Life Balance Initiative

If you are interested in a sponsorship opportunity, please contact Wayne Mueller at 995-8428.

