

December 2018

Cold K-8 Lunch 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
Chef Salad	Roast Beef & Cheese Sandwich	Turkey Ham & Cheese	Honey Mustard Chicken Wrap	Chicken Salad Sandwich
W/Eggs, Turkey, & Cheese Ranch Dressing Whole Grain Pasta	on Whole Grain Bread (2 slices) Mexican Corn Salad Fruit	on Wheat Bread (2 slices) Ranch Dressing Cucumber Slices w/Ranch Dip	Whole Grain Soft Tortilla Potato Salad Fruit	on Whole Wheat Hamburger broccoli Florets w/ranch dip Fruit
	Fruit		Fruit	riuit
Fruit 3	4	Fruit 5	6	7
Chicken Caesar Salad	Turkey & Cheese Sandwich	California Chicken Salad Sandwich	Asian Chicken Salad	Turkey-Ham & Cheese
W/Chicken & Parmesan Cheese Whole Grain Pita Bread Lemon Rice Salad	on Whole Grain Bread (2 slices) broccoli Florets w/ranch dip Fruit	W/Avocado Whole Wheat Hamburger Bun Curried Chickpeas	w/Chicken, Lettuce, & Red w/Thai Soy Butter Dressing Whole Grain Lo'Mein Style	on Wheat Bread (2 slices) Cucumber Slices w/Ranch Dip Fruit
Fruit	Mustard & Mayo	Fruit	₩pgdle	Mustard & Mayo
10	II ·	12	13	14
Greek Salad w/Chicken	Chicken Club Wrap	Turkey & Cheese Sandwich	Buffalo Chicken Wrap	Curried Chicken Salad Sandwich
w/Chicken, Olives & Feta w/Greek Dressing Whole Grain Pasta Salad	W/Chicken, Turkey Bacon, Whole Grain Soft Tortilla Potato Salad	on Wheat Bread (2 slices) Carrot Sticks w/Ranch Dip Fruit	Whole Grain Soft Tortilla Mexican Corn Salad 100% Juice	on Whole Grain Bread (2 slices) broccoli Florets w/ranch dip Fruit
Fruit	Fruit Mayo	Mustard & Mayo	Fruit	Fruit
17	11	Mustard & Mayo	20	21
Chicken Gyro with Tzatziki Sauce	Holiday!	Curried Chicken Salad Sandwich	Pulled Chicken Bahn Mi	Turkey BLT
on Whole Grain Pita Bread Tarragon Potato Salad Fruit		on Whole Grain Bread (2 slices) broccoli Florets w/ranch dip Fruit	W/Shredded Carrots & Whole Wheat Hamburger Bun Pea Salad Fruit	Turkey, Turkey-Bacon, Lettuce w/Tomato & Mayo on Whole Grain Bread (2 slices) Four Bean Salad Fruit
24	25	26	27	28
Chef Salad				
W/Eggs, Turkey, & Cheese Ranch Dressing				

City Fresh Foods | P.O. Box 255698 | Dorchester, MA 02125

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Whole Grain Pasta

Fruit