

# August 2017

## ARCADIA CHRISTIAN LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1	2	3	4
7			10	11
14			17 POPCORN CHICKEN CORN DOG CHEESE QUESADILLA	18 BBQ CHICKEN BURGER CHEESE BREAD WITH MARINARA* TURKEY & HAM SANDWICH
21 CHICKEN GIGGLES CHEESEBURGER TWINS YOGURT, STRING CHEESE, AND CRACKERS*	22 PIZZA SLICE* ORANGE CHICKEN & RICE PASTRAMI SANDWICH	23 MACARONI & CHEESE* BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*	24 POPCORN CHICKEN CORN DOG CHEESE QUESADILLA*	25 PEPPERBELLIES CHEESE BREAD WITH MARINARA* TURKEY & HAM SANDWICH
28 CHICKEN GIGGLES CHEESEBURGER TWINS YOGURT, STRING CHEESE, AND CRACKERS*	29 PIZZA SLICE* ORANGE CHICKEN & RICE PASTRAMI SANDWICH	30 BAKED PASTA BEAN & CHEESE BURRITO TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*	31 POPCORN CHICKEN CORN DOG CHEESE QUESADILLA	



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!