



Name:
Route:

Aug COLD Menu

Lebanon County Cold Dinner Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
|  | <i>*menu is subject to change</i> |  | 1 4oz Creamy Chicken Salad 1/2oz Swiss Cheese 1/2c Carrot Raisin Salad 2 Multi Grain Bread 1/2c Sliced Pears Milk | 2 Tuna Salad Sandwich - 4oz 1/4c Lettuce, 1 slice Tomato 4oz Fruit Juice Wheat Sandwich Roll 1/2c Mixed Fruit Salad Milk |
| 5 4oz Creamy Chicken Salad 1/2oz Swiss Cheese 1/2c Carrot Raisin Salad 2 Multi Grain Bread 1/2c Sliced Pears Milk | 6 Tuna Salad Sandwich - 4oz 1/4c Lettuce, 1 slice Tomato 4oz Fruit Juice Wheat Sandwich Roll 1/2c Mixed Fruit Salad Milk | 7 3oz Chicken Breast 1oz Cheddar Cheese 4oz Fruit Juice Whole Grain Sandwich Roll 1/2c Sliced Peaches Mayo Pkt | 8 4oz Egg Salad 1/2oz Cheddar Cheese 1/2c Vegetable Salad 2 Multi Grain Bread 1/2c Applesauce Milk | 9 2 T Peanut Butter. 1 T. Jelly 1/2c Cottage Cheese 4oz Fruit Juice 2 Multi Grain Bread 1/2c Pineapple Tidbits Milk 1 Cookie |
| 12 3oz Sliced Turkey Breast 1oz Provolone Cheese 1/2c Tomato, Onion, Pepper Salad 2 Multi Grain Bread Fresh Fruit Mayo Pkt Milk | 13 4oz Egg Salad 1/2oz Cheddar Cheese 1/2c Vegetable Salad 2 Multi Grain Bread 1/2c. Applesauce Milk | 14 3oz Sliced Roast Beef 1oz Cheddar Cheese 4oz Fruit Juice 2 Whole Wheat Bread 1/2c. Tropical Fruit Salad Mayo Pkt Milk | 15 2 T Peanut Butter. 1 T. Jelly 1/2c Cottage Cheese 4oz Fruit Juice 2 Multi Grain Bread 1/2c Pineapple Tidbits Milk | 16 3oz Sliced Roast Pork 1oz Cheddar Cheese 1/2c Carrot Raisin Salad 2 Rye Bread Fresh Fruit Ketchup Pkt Milk |
| 19 4oz Egg Salad 1/2oz Cheddar Cheese 1/2c Vegetable Salad 2 Multi Grain Bread 1/2c. Applesauce Milk | 20 3oz Sliced Roast Beef 1oz Cheddar Cheese 4oz Fruit Juice 2 Whole Wheat Bread 1/2c. Tropical Fruit Salad Mayo Pkt Milk | 21 3oz Turkey Breast 1oz Cheddar Cheese 4oz Fruit Juice 2 Whole Wheat Bread 1/2c Tropical Fruit Salad Mayo Pkt Milk | 22 3oz Chicken Breast 1/2oz Cheddar Cheese 1/4c Lettuce, 1 slice Tomato 4oz Fruit Juice Wheat Sandwich Roll 1/2c Mixed Fruit Salad Mayo Pkt, Milk | 23 3oz Meatloaf 1oz Provolone Cheese 1/2c. Broccoli Salad 2 Whole Wheat Bread Fresh Fruit Mayo Pkt Milk |
| 26 4oz Ham Salad 1/2oz Cheddar Cheese 2 Tomato Slices 4oz Fruit Juice 2 Whole Wheat Bread 1/2c Diced Peaches | 27 3oz Chicken Breast 1oz Provolone Cheese 1/2c Broccoli Salad 2 Whole Wheat Bread 1/2c Mandarin Oranges Mayo Pkt Milk | 28 3oz Corned Beef 1oz Swiss Cheese 1/2c Cucumber Salad 2 Rye Bread Fresh Fruit Mayo Pkt Milk | 29 4oz Creamy Chicken Salad 1/2oz Swiss Cheese 1/2c Carrot Raisin Salad 2 Multi Grain Bread 1/2c Sliced Pears Milk | 30 Tuna Salad Sandwich - 4oz 1/4c Lettuce, 1 slice Tomato 4oz Fruit Juice Wheat Sandwich Roll 1/2c Mixed Fruit Salad Milk |