

Achievers Early College Prep Charter School
Cold Lunch

August 23 - August 31

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
23	24	25	26	27
Sun Butter and Jelly Uncrustable on Whole Grain Bread-1 Fresh Baby Carrots w/ Dip-1 1/4 c. Fresh Orange-1 Milk-8 oz.	Turkey Breast and Provolone Cheese on a W/G Sub Roll-1 Potato Salad Cup-1 c. Fresh Apple-1 Milk-8 oz.	Turkey Ham and Swiss Cheese on a W/G Sub Roll-1 Sugar Snap Peas w/ Dip-1 c. Fresh Peach-1 Milk-8 oz.	Beef Bologna and Cheese on a Whole Wheat Kaiser Roll-1 Celery Sticks w/ Dip-1 c. Fresh Nectarine-1 Milk-8 oz.	Sliced Chicken and Cheese on a Whole Wheat Bun-1 Romaine Salad w/ Dressing-2 c. Fresh Pear-1 Milk-8 oz.
30	31			
Hummus Cup-1/2 c. W/G Mini Pretzels-.8 oz. Strawberry Yogurt-4 oz. Fresh Apple-1 Milk-8 oz.	Turkey and Cheese on a W/G Potato Bun-1 Fresh Baby Carrots w/ Dip-1 1/4 c. Fresh Nectarine-1 Milk-8 oz.			