

Achievers Early College Prep Charter School
Cold Lunch

September 1 - September 30

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 All Beef Italian Sub-1 (Beef Bologna, Beef Salami, and Cheese) Celery Sticks w/ Dip-1 c. Fresh Apple-1 Milk-8 oz.	2 Grilled Chicken Wrap w/ Shredded Lettuce and Cheddar Cheese on a 10" Wheat Wrap-1 Cold Corn Cup-1 c. Fresh Orange-1 Milk-8 oz.	3 Beef Salami and Cheese on Sliced Italian Bread-1 Romaine Salad w/ Dressing-2 c. Fresh Banana-1 Milk-8 oz.
6 LABOR DAY	7 Hummus Cup-1 W/G Mini Pretzels-.8 oz. Blueberry Yogurt-4 oz. Fresh Apple-1 Milk-8 oz.	8 Turkey Ham and Swiss Cheese on a W/G Sub Roll-1 Fresh Baby Carrots w/ Dip-1 1/4 c. Fresh Banana-1 Milk-8 oz.	9 Beef Bologna and Cheese on a Whole Wheat Kaiser Roll-1 Sliced Cucumber Cups w/ Dip-1 c. Fresh Orange-1 Milk-8 oz.	10 Sliced Chicken and Cheese on a Whole Wheat Bun-1 Romaine Salad w/ Dressing-2 c. Granny Smith Apple-1 Milk-8 oz.
13 Hummus Cup--1 W/G Mini Pretzels-.8 oz. Strawberry Yogurt-4 oz. Fresh Pear-1 Milk-8 oz.	14 Turkey and Cheese on a W/G Potato Bun-1 Fresh Baby Carrots w/ Dip-1 1/4 c. Fresh Apple-1 Milk-8 oz.	15 All Beef Italian Sub-1 (Beef Bologna, Beef Salami, and American Cheese) Cold Corn Cup-1 c. Fresh Orange-1 Milk-8 oz.	16 Grilled Chicken Wrap w/ Shredded Lettuce and Cheddar Cheese on a 10" Wheat Wrap-1 Celery Sticks w/ Dip-1 c. Fresh Banana-1 Milk-8 oz.	17 Beef Salami and Cheese on Sliced Italian Bread-1 Romaine Salad w/ Dressing-2 c. Golden Apple-1 Milk-8 oz.
20 Sun Butter and Jelly Uncrustable on Whole Grain Bread-1 Potato Salad Cup-1 c. Fresh Orange-1 Milk-8 oz.	21 Turkey Breast and Provolone Cheese on a W/G Sub Roll-1 Fresh Baby Carrots w/ Dip-1 1/4 c. Fresh Banana-1 Milk-8 oz.	22 Turkey Ham and Swiss Cheese on a W/G Sub Roll-1 Sliced Cucumber Cups-1 c. Fresh Apple-1 Milk-8 oz.	23 Beef Bologna and Cheese on a Whole Wheat Kaiser Roll-1 Hummus Cup(1) with Mini Pretzels-.8oz. Fresh Orange-1 Milk-8 oz.	24 Sliced Chicken and Cheese on a Whole Wheat Bun-1 Fresh Broccoli Florets w/ Dip-1 c. Fresh Banana-1 Milk-8 oz.
27 Hummus Cup--1 W/G Mini Pretzels-.8 oz. Strawberry Yogurt-4 oz. Fresh Orange-1 Milk-8 oz.	28 Turkey and Cheese on a W/G Potato Bun-1 Fresh Baby Carrots w/ Dip-1 1/4 c. Fresh Pear-1 Milk-8 oz.	29 All Beef Italian Sub-1 (Beef Bologna, Beef Salami, and American Cheese) Cold Corn Cup-1 c. Fresh Apple-1 Milk-8 oz.	30 Grilled Chicken Wrap w/ Shredded Lettuce and Cheddar Cheese on a 10" Wheat Wrap-1 Celery Sticks w/ Dip-1 c. Fresh Banana-1 Milk-8 oz.	