

**Achievers Early College Prep Charter School**

**Cold Lunch**

**August 2 - August 31**

*What's Cooking Today?*

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	
<b>2</b> Hummus Cup-1/2 c. W/G Mini Pretzels-.8 oz. Blueberry Yogurt-4 oz. Fresh Apple-1 Milk-8 oz.	<b>3</b> Turkey and Cheese on a W/G Potato Bun-1 Celery Sticks w/ Dip-3/4 c. Diced Peach Cup-1/2 c. Milk-8 oz.	<b>4</b> All Beef Italian Sub-1 (Beef Bologna, Beef Salami, and Cheese) 100% Fruit Punch-4 oz. Fresh Plum-1 Milk-8 oz.	<b>5</b> Grilled Chicken Wrap w/ Shredded Lettuce and Cheddar Cheese on a 10" Wheat Wrap-1 100% Apple Juice-4 oz. Strawberry Craisins-1/2 c. Milk-8 oz.	<b>6</b> Beef Salami and Cheese on Sliced Italian Bread-1 Sliced Cucumber Cup-3/4 c. Mandarin Orange Cup-1/2 c. Milk-8 oz.
<b>9</b> Sun Butter and Jelly Uncrustable on Whole Grain Bread-1 100% Grape Juice-4 oz. Applesauce Cup-1/2 c. Milk-8 oz.	<b>10</b> Turkey Breast and Provolone Cheese on a W/G Sub Roll-1 Fresh Baby Carrots w/ Dip-3/4 c. Fresh Apple-1 Milk-8 oz.	<b>11</b> Turkey Ham and Swiss Cheese on a W/G Sub Roll-1 100% Apple Juice-4 oz. Mixed Fruit Cup-1/2 c. Milk-8 oz.	<b>12</b> Beef Bologna and Cheese on a Whole Wheat Kaiser Roll-1 Celery Sticks w/ Dip-3/4 c. Fresh Peach-1 Milk-8 oz.	<b>13</b> Sliced Chicken and Cheese on a Whole Wheat Bun-1 Fruit Punch-4 oz. Mango Applesauce Cup-1/2 c. Milk-8 oz.
<b>16</b> Hummus Cup-1/2 c. W/G Mini Pretzels-.8 oz. Strawberry Yogurt-4 oz. Fresh Apple-1 Milk-8 oz.	<b>17</b> Turkey and Cheese on a W/G Potato Bun-1 Fresh Baby Carrots w/ Dip-3/4 c. Diced Peach Cup-1/2 c. Milk-8 oz.	<b>18</b> All Beef Italian Sub-1 (Beef Bologna, Beef Salami, and American Cheese) Cold Corn Cup-3/4 c. Fresh Orange-1 Milk-8 oz.	<b>19</b> Grilled Chicken Wrap w/ Shredded Lettuce and Cheddar Cheese on a 10" Wheat Wrap-1 100% Apple Juice-4 oz. Raspberry Lemonade Craisins-1/2 c. Milk-8 oz.	<b>20</b> Beef Salami and Cheese on Sliced Italian Bread-1 Sliced Cucumber Cup-3/4 c. Diced Pear Cup-1/2 c. Milk-8 oz.
<b>23</b> Sun Butter and Jelly Uncrustable on Whole Grain Bread-1 100% Grape Juice-4 oz. Fresh Orange-1 Milk-8 oz.	<b>24</b> Turkey Breast and Provolone Cheese on a W/G Sub Roll-1 Fresh Baby Carrots w/ Dip-3/4 c. Fresh Apple-1 Milk-8 oz.	<b>25</b> Turkey Ham and Swiss Cheese on a W/G Sub Roll-1 100% Apple Juice-4 oz. Fresh Peach-1 Milk-8 oz.	<b>26</b> Beef Bologna and Cheese on a Whole Wheat Kaiser Roll-1 Celery Sticks w/ Dip-3/4 c. Mixed Fruit Cup-1/2 c. Milk-8 oz.	<b>27</b> Sliced Chicken and Cheese on a Whole Wheat Bun-1 Fruit Punch-4 oz. Mandarin Orange Cup-1/2 c. Milk-8 oz.
<b>30</b> Hummus Cup-1/2 c. W/G Mini Pretzels-.8 oz. Strawberry Yogurt-4 oz. Fresh Apple-1 Milk-8 oz.	<b>31</b> Turkey and Cheese on a W/G Potato Bun-1 Fresh Baby Carrots w/ Dip-3/4 c. Diced Peach Cup-1/2 c. Milk-8 oz.			