

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-3/4 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-3/4 c. Strawberry Craisins-1/2 c. Milk-8 oz.	3 Beef Salami and Cheese on Sliced Italian Bread-1 Romaine Salad w/ Dressing-1 1/2 c. Mandarin Orange Cup-1/2 c. 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 c. Mixed Fruit Cup-1/2 c. Milk-8 oz.	9 Beef Bologna and Cheese on a Whole Wheat Kaiser Roll-1 Sliced Cucumber Cups w/ Dip-3/4 c. Fresh Orange-1 Milk-8 oz.	10 Sliced Chicken and Cheese on a Whole Wheat Bun-1 Romaine Salad w/ Dressing-1 1/2 c. Mango Applesauce Cup-1/2 c. Milk-8 oz.
13 Hummus Cup--1 W/G Mini Pretzels-.8 oz. Strawberry Yogurt-4 oz. Diced Pear Cup-1/2 c. Milk-8 oz.	14 Turkey and Cheese on a W/G Potato Bun-1 Fresh Baby Carrots w/ Dip-1 c. Fresh Apple-1 Milk-8 oz.	15 All Beef Italian Sub-1 (Beef Bologna, Beef Salami, and American Cheese) Cold Corn Cup-3/4 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-3/4 c. Raspberry Lemonade Craisins-1/2 c. Milk-8 oz.	17 Beef Salami and Cheese on Sliced Italian Bread-1 Romaine Salad w/ Dressing-1 1/2 c. Mixed Fruit Cup-1/2 c. Milk-8 oz.
20 Sun Butter and Jelly Uncrustable on Whole Grain Bread-1 Potato Salad Cup-3/4 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 c. Strawberry Craisins-1/2 c. Milk-8 oz.	22 Turkey Ham and Swiss Cheese on a W/G Sub Roll-1 Sliced Cucumber Cups-3/4 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. Diced Peach Cup-1/2 c. Milk-8 oz.	24 Sliced Chicken and Cheese on a Whole Wheat Bun-1 Fresh Broccoli Florets w/ Dip-3/4 c. Mandarin Orange Cup-1/2 c. 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 c. Diced Pear Cup-1/2 c. Milk-8 oz.	29 All Beef Italian Sub-1 (Beef Bologna, Beef Salami, and American Cheese) Cold Corn Cup-3/4 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-3/4 c. Raspberry Lemonade Craisins-1/2 c. Milk-8 oz.	