

Monday

Tuesday

Wednesday

Thursday

Friday

1
 BBQ Chicken Sandwich
 BBQ Tofu Sandwich
 Caesar Salad w/Breadstick
 Corn
 Fruit Salad
 Water

2
 Sun Butter and Jelly
 Caesar Salad w/Breadstick
 Broccoli
 Orange
 Water

3
 Chicken Fajita Wrap
 Vegetable Fajita Wrap
 Caesar Salad w/Breadstick
 Carrots
 Grapes
 Water

4
 Cheese or Pepperoni Pizza
 Caesar Salad w/Breadstick
 Mixed Greens w/Tomato, Cucumber
 Apple
 Water

7
 Teriyaki Chicken Rice Bowl
 Teriyaki Tofu Rice Bowl
 Greek Salad w/Pita
 Mixed Vegetables
 Orange
 Water

8
 Turkey and Cheese Wrap
 Greek Salad w/Pita
 Green Beans
 Fruit Salad
 Water

9
 Fun on the Run
 Greek Salad w/Pita
 Carrots
 Grapes
 Water

10
 BLT Wrap
 Grilled Cheese Sandwich
 Greek Salad w/Pita
 Edamame Salad
 Apple
 Water

11
 Cheese or Pepperoni Pizza
 Greek Salad w/Pita
 Spinach Salad w/Oranges, Tomato
 Orange
 Water

14
 Roast Beef Sandwich
 Hummus & Vegetable Wrap
 Tiger Chef's Salad w/Breadstick
 Cucumbers
 Orange
 Water

15
 Chicken Caesar Wrap
 Tiger Chef's Salad w/Breadstick
 Broccoli
 Pear
 Water

16
 Chicken Bacon Ranch Wrap
 Hummus Wrap
 Tiger Chef's Salad w/Breadstick
 Carrots
 Banana
 Water

17
 Chicken or Veggie Taco Salad
 Lettuce, Tomato, Guacamole, Cheese
 Tiger Chef's Salad w/Breadstick
 Corn
 Fruit Salad
 Water

18
 Cheese or Pepperoni Pizza
 Tiger Chef's Salad w/Breadstick
 Mixed Greens w/Tomato, Cucumber
 Apple
 Water

21

22

23

24

25

28

29

30

Fun on the Run: Pretzel, Yogurt, String Cheese, Fruit, Vegetable
***Greek Salad:** Lettuce, Chicken, Garbanzo Beans, Olives, Tomato, Cucumber, Feta Cheese
***Tiger Chef's Salad:** Lettuce, Turkey, Garbanzo Beans, Tomato, Cucumber, American Cheese
***Caesar Salad:** Lettuce, Chicken, Olives, Tomato, Cucumber, American Cheese

***Alternate Sandwich Option: Sun Butter and Jelly**