

# What's on the Menu?





# Chase 2023-2024

Fun Lunch rotates every other week

area cooperative educational services

Monday

T

### **Tuesday**

# Wednesday

#### **Thursday**

# **Friday**

Whole Grain Fruit
Muffin
String Cheese







Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit Assorted Cereals with Yogurt or string cheese





Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit

#### Whole Grain Bagel

Cream Cheese

**Breakfast** 







Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit Assorted Cereals with Yogurt or string cheese





Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit Nutrigrain Bar





Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit

Cereal Available Daily with a choice of yogurt or string cheese

#### Lunch

Turkey and Cheese Sandwich



Sun butter Triple Decker



Muffin Fun Lunch



Sliced Cucumber Fresh Carrots Assorted Fresh Fruit (LG) Assorted Chilled Fruit Chicken Caesar Salad with Two Dinner Rolls





Sun butter Triple Decker



Muffin Fun Lunch



Pepper Strips Fresh Grape Tomatoes Assorted Fresh Fruit (LG) Assorted Chilled Fruit Garden Salad with Shredded Cheddar and Two Bread sticks



Sun butter Triple
Decker



Muffin Fun Lunch



Fresh Caesar Salad Fresh Celery Assorted Fresh Fruit (LG) Assorted Chilled Fruit Chicken Caesar Wrap



Sun butter Triple Decker



Muffin Fun Lunch



Fresh Broccoli Florets Garbanzo Beans Assorted Fresh Fruit (LG) Assorted Chilled Fruit Whole Grain Cheese Pizza



Sun butter Triple
Decker



Muffin Fun Lunch



Classic Potato Salad Power Peas Assorted Fresh Fruit (LG) Assorted Chilled Fruit

Serving up happy & healthy



# What's on the Menu?





# Chase 2023-2024

Fun Lunch rotates every other week

**Monday Tuesday Thursday Friday** Wednesday **Breakfast** Whole Grain Whole Grain Fruit **Assorted Cereals Assorted Cereals** Nutrigrain Bar Muffin Bagel with Yogurt or with Yogurt or String Cheese Cream Cheese string cheese string cheese Nutri Grain

Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit





Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit









Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit

Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit

Cereal Available Daily with a choice of yogurt or string cheese

#### Lunch

Turkey and Cheese Sandwich



Sun butter Triple Decker



**Bagel Fun Lunch** 



Sliced Cucumber Fresh Carrots Assorted Fresh Fruit (LG) Assorted Chilled Fruit

Chicken Caesar Salad with Two **Dinner Rolls** 





Sun butter Triple Decker



**Bagel Fun Lunch** 



Pepper Strips Fresh Grape Tomatoes Assorted Fresh Fruit (LG) Assorted Chilled Fruit

Garden Salad with Shredded Cheddar and Two Bread sticks



Sun butter Triple Decker



**Bagel Fun Lunch** 



Fresh Caesar Salad Fresh Celery Assorted Fresh Fruit (LG) Assorted Chilled Fruit

Chicken Caesar Wrap



Sun butter Triple Decker



**Bagel Fun Lunch** 



Fresh Broccoli Florets Garbanzo Beans Assorted Fresh Fruit (LG) Assorted Chilled Fruit

Whole Grain Cheese Pizza



Sun butter Triple Decker



Bagel Fun Lunch



Classic Potato Salad Power Peas Assorted Fresh Fruit (LG) Assorted Chilled Fruit

Serving up happy & healthy



# **Preparing Your Meal**

Please use the following instructions for storing and heating your meal at home.

**Please Note**: Your Meal Box contains perishable products, and should be immediately stored in refrigeration between 36° F- 41° F, for best quality and freshness



100% Fruit Juice Yogurt Cups String Cheese Deli Sandwiches

store in refrigeration between 36°F – 41°F for best quality and freshness

