

September Cold Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 CREAMY CRAB AND DILL PASTA 27GM APPLE SAUCE 11GM MARINATED CUCUMBERS 2GM WHOLE GRAIN ROLL 35GM	2 MEDITERRANEAN TURKEY 17gm RED FLAME GRAPES 14GM MOZZARELLA CHEESE CUBES 42gm WHOLE GRAIN ROLL 35gm	3 ASIAN SEAFOOD SALAD 10GM CARROT AND RAISIN SLAW 7GM MIXED FRUIT 11GM WHOLE GRAIN ROLL 35GM	4 CHICKEN CHEDDAR SALAD 5GM PEACHES 13gm STRAWBERRY YOGURT 9gm FRUIT MUFFIN 16GM
7 Labor Day CLOSED	8 TUNA ROTINI PASTA SALAD 26GM WINTERBEAN SALAD 16GM STRAWBERRY YOGURT 9GM WHOLE GRAIN ROLL 35GM	9 ISLAND CRAB PASTA SALAD 27gm FRUIT YOGURT 9gm PEARS 9GM WHOLE GRAIN ROLL 35gm	10 TURKEY TWIST PASTA 20GM RED FLAME GRAPES 14GM CORN BLACK BEAN SALAD 27GM WHOLE GRAIN ROLL 35GM	11 PEPPERONI PASTA SALAD 27GM COTTAGE CHEESE 3GM PEACHES 13gm WHOLE GRAIN ROLL 35GM
14 SPICY CHICKEN WRAP 23gm THREE BEAN SALAD 13gm PEARS 9GM	15 VEGETABLE TACO SALAD 29GM BLUE BERRY YOGURT 9GM RED FLAME GRAPES 14GM TORTILLA CHIPS 20GM SALSA AND RANCH PACKETS	16 TURKEY & SWISS, LEAF LETTUCE CREAMY MACARONI SALAD 15gm TROPICAL FRUIT 11gm WHOLE GRAIN BUN 47 gm MAYO PACKET	17 TUNA SALAD 12GM MIXED GREENS, EGGS, TOMATOES GARBANZO BEAN SALAD 23GM PINEAPPLE TIDBITS 12GM WHOLE WHEAT ROLL 35GM	18 THAI BEEF SALAD 7gm CITRUS CABBAGE SLAW 10gm PEARS 9gm WHOLE GRAIN ROLL 35GM
21 ZESTY BEEF PASTA SALAD 12GM MARINATED CUCUMBERS 2GM THREE BEAN SALAD 13GM WHOLE GRAIN ROLL 35GM	22 HAM SALAD 14GM BROWN RICE AND PEA SALAD 16GM TROPICAL FRUIT 11GM WHOLE GRAIN ROLL 35GM	23 EGG SALAD, GREENS, TOMATO BROCCOLI SALAD 10gm APPLE SAUCE 11GM WHOLE GRAIN ROLL 35gm	24 HONEY HAM AND CHEDDAR 48GM WHEAT BUN AND LEAF LETTUCE COLESLAW 9GM PEARS 9GM MUSTARD PACKET	25 TURKEY PESTO WRAP 19GM APPLESAUCE 11gm MARINATED TOMATOES 2gm
28 GRILLED CHICKEN PASTA SALAD 15gm KIDNEY BEAN SALAD 21gm MANDARIN ORANGES 12gm WHOLE GRAIN ROLL 35gm	29 CRAB SALAD ON GREENS 17gm WINTERBEAN SALAD 16gm PEACHES 12gm WHOLE GRAIN ROLL 35gm	30 CHEF SALAD WITH TURKEY EGGS, AND TOMATOES 3GM COTTAGE CHEESE 3GM MANDARIAN ORANGES 13GM CROUTONS 5GM		



If you are not available to receive your daily meal, please call ahead of time to cancel. 269-382-0515. Kalamazoo, Ext. 300. Calhoun, Ext. 350.

