



LUNCH MENU

Aug 9- Sept 3, 2010

SERVED DAILY AT EVERY MEAL (PLANNED PORTION SIZE & APPROXIMATE NUTRIENT CONTENT)

Fresh Green **Salad** (1 per meal) - Leafy Lettuce Blend, Caesar, Spinach Mix OR Oriental (1/2 cup = 15 calories, 3 g carbohydrate, 1 g protein)

Low Fat Dressing/Dip (2 T = 45 cal, 5 g fat)

Fresh **Veggies** (1-2 per meal) - Carrots, Celery, Broccoli, Cauliflower, Cucumber, OR Tomatoes (1/4 c = 15 cal, 3 g carb, 1 g pro)

Fresh **Fruit** (1-2 per meal) - Apple, Orange, Banana, Cantalope, Grapes, OR Watermelon (1/2 c = 60 cal, 15 g carb)

Variety of **Milk**, including **Skim** (1/2 pint = 90 cal, 12 g carb, 8 g pro, >1 g fat)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| <i>9th</i> | <i>10th</i> | <i>11th</i> | <i>12th</i> | <i>13th</i> |
| Cheesy Breadsticks w/Marinara Sauce Salad, Veggies, Fruit, Milk | Philly Cheesesteak Roasted Potatoes Salad, Veggies, Fruit, Milk | Deli Submarine Baked Chips Veggies, Fruit, Milk | BBQ Beef Sandwich Baked Beans Salad, Veggies, Fruit, Milk | Chicken Caesar Salad Garlic Breadstick Veggies, Fruit, Milk |
| <i>16th</i> | <i>17th</i> | <i>18th</i> | <i>19th</i> | <i>20th</i> |
| Teriyaki Chicken Legs Mashed Potatoes & Roll Salad, Veggies, Fruit, Milk | Beef Lasagna French Bread Salad, Veggies, Fruit, Milk | Turkey Ham & Cheese Sub Baked Chips Veggies, Fruit, Milk | Beef Gyro on Pita Bread Rice Pilaf Salad, Veggies, Fruit, Milk | Chicken Quesadilla Refried Beans Salad, Veggies, Fruit, Milk |
| <i>23rd</i> | <i>24th</i> | <i>25th</i> | <i>26th</i> | <i>27th</i> |
| BBQ Chicken Sandwich Potato Wedges Salad, Veggies, Fruit, Milk | Beef & Cheese Nachos Spanish Rice Salad, Veggies, Fruit, Milk | Deli Submarine Baked Chips Veggies, Fruit, Milk | Spaghetti w/Meatsauce French Bread Salad, Veggies, Fruit, Milk | Turkey Salad Pocket Pita Rice Krispie Bar Salad, Veggies, Fruit, Milk |
| <i>30th</i> | <i>31st</i> | <i>1st</i> | <i>2nd</i> | <i>3rd</i> |
| Soft Shell Beef Taco Mexican Rice Salad, Veggies, Fruit, Milk | Multi-cheese Pita Melt Garlic Breadstick Salad, Veggies, Fruit, Milk | Turkey & Cheese Sub Baked Chips Veggies, Fruit, Milk | Swedish Meatballs Mashed Potatoes & Roll Salad, Veggies, Fruit, Milk | Chicken Stir-fry Asian Rice Salad, Veggies, Fruit, Milk |

MENUS SUBJECT TO CHANGE BASED ON AVAILABILITY OF ITEMS

Allergy Note: Menus may use ingredients that contain peanut, other nut/seed, milk, egg, soybean, and other products.

Lunch Cost: \$3.75 per day

To order a lunch, complete the lunch order form found at the parent table.

Lunches must be ordered at least 2 days in advance.

QUESTIONS?

Speak with a Site Coordinator or contact:

Becky Sola, Recreation Program Coordinator: 651-490-4764 or rsola@shoreviewmn.gov

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