



OCTOBER | 2017

Chattanooga Girls Leadership Academy Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Whole Grain Pizza Sticks Marinara Sauce Broccoli Salad Marinated Black Bean Salad Choice of up to 2 Fruits* Choice of up to 1 Milk Build	3 Your Own Turkey Burger on Whole Grain Bun Assorted Toppings Celery and Carrot Sticks Choice of up to 2 Fruits* Choice of up to 1 Milk Whole	4 Build Your Own Shaker Salad Diced: Tomatoes, Cucumbers, apple, egg, red onion, Shredded Carrots, Dried Cranberries, Fresh Romaine lettuce Whole Grain Rolls Cookie Fresh Fruit Choice of up to 1 Milk	5 Whole Grain Soy Butter and Jam Sandwich Mozzarella Cheese Stick Chocolate Elf Graham Carrot Dippers Fresh Fruit Choice of up to 1 Milk	6 No School for Students
9 Fall Break	10 Fall Break	11 Fall Break	12 Fall Break	13 Fall Break
16 Whole Grain Grilled Cheese Sandwich House Salad Bar featuring Jicama Sticks Choice of up to 2 Fruits* Choice of up to 1 Milk	17 Grilled Chicken Sandwich Carrot and Celery Sticks Seasoned Baked Potato Whole Grain Roll Choice up to 2 fruits* Choice up to 1 milk	18 Taco Salad Bar With Marinated Black Bean Salad Choice of up to 2 Fruits* Choice of up to 1 Milk	19 Build Your Own Cheeseburger on Whole Grain Bun House Salad Bar Baked Beans Choice of up to 2 Fruits Choice of up to 1 Milk	20 Whole Grain Panini Melt with Turkey and Cheese Broccoli and Carrots Choice up to 2 Fruits Choice up to 1 Milk
23 Tuna Salad on Whole Grain Bread Moroccan Carrot Salad Baked Potato Chips Choice of up to 2 Fruits* Choice of up to 1 Milk	24 Whole Grain Soy Butter and Jam Sandwich Whole Grain Rolls Seasoned Baked Potatoes Choice of up to 2 Fruits* Choice of up to 1 Milk	25 BBQ Pork Sandwich Whole Grain Bun House Salad Bar featuring Baked Beans Choice up to 2 fruits* Choice up to 1 milk	26 Whole Grain Personal Pizza Zippy White Bean Salad Broccoli Salad Choice of up to 2 Fruits* Choice of up to 1 Milk	27 Whole Grain Chicken Quesadilla House Salad Bar featuring Jicama Choice of up to 2 Fruits* Choice of up to 1 Milk
30 Whole Grain Pizza Sticks Marinara Sauce Caesar Salad bar featuring Marinated Black Bean Salad Choice of up to 2 Fruits* Choice of up to 1 Milk	31 Your Own Turkey Burger on Whole Grain Bun House Salad Bar featuring Zippy White Bean Salad Choice of up to 2 Fruits* Choice of up to 1 Milk			

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Lunch Includes

- **Choice of 1 Entrée (includes meat/meat alternative & grain)**
- **Choice of up to 2 vegetable ***
- **Choice of up to 2 fruits ***
- **Choice of up to 1 Milk**

***A lunch must include ½ cup of fruit or vegetable and 2 full other components**

***Middle school students receive a maximum of 1 fruit with their lunch**

Other Daily Lunch Entrée Options:

➤ **Soy Butter and Jam Sandwich with Mozzarella Cheese Stick and Whole Grain Animal Crackers**

➤ **Yogurt and Whole Grain Granola with Sun Butter Cup and Whole Grain Goldfish Graham Cracker**