

<b>Summer 2014: Lunch Menu</b>					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Protein</b>	Pizza	Hamburgers or Veggie Patties	Pasta Marinara or mac-n-cheese or Chef Salad	Cold or hot Sandwiches*	Mexican Items, Chicken or beef and Veggie**
<b>Grain</b>	(PIZZA CRUST)	Whole Wheat Bun	(pasta) (Chef Salad w/ roll)	(Bread, hoagies, buns)	Chips or tortillas, rice
<b>Vegetable</b>	Sugar Snap Peas	Carrot Sticks and Ranch or Cole slaw	Salad or broccoli Chef Salad	Lettuce & tomato , Carrot Salad, Cucumber & Ranch dressing	Salsa and Beans
<b>Fruit</b>	In season	In season	In season	In season	In season
<b>Milk</b>	Non-fat or 1%	Non-fat or 1%	Non-fat or 1%	Non-fat or 1%	Non-fat or 1%
<b>Water</b>					
* <b>Cold:</b> Sliced Turkey, Sliced Pork, Chicken Salad, Egg Salad, Cesar Wraps, Tofu, Hot Dogs, Pulled Turkey, Pulled Pork, Sloppy Joe					
** <b>Mexican Items:</b> Nachos, Tacos soft corn tortillas, Quesadillas – whole wheat wraps and tortillas					

All Items will be served based on availability of products and will be rotated weekly.

For questions please email [nutritionservices@bekeley.net](mailto:nutritionservices@bekeley.net)

Summer office hours are limited due to staff vacations.