

September 2016

Just A Dash Catering

LUNCH



Menus are subject to change due to product availability
½ Cup of FRESH FRUIT & 1 Cup of MILK Offered Daily



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

SALAD BAR OFFERED DAILY



Monday

Tuesday

Wednesday

Thursday

Friday

Al La Carte Options-

- Flavored Chex Mix- \$0.75
- WG Rice Krispe Treats- \$1.00
- WG Popcorn- \$.80
- WG Hot Dog Bun- \$0.80
- Frozen 100% Fruit Cups-

(Al la Carte List Varies Daily)



Labor Day 5

Burger 6
 Romaine Lettuce
 Tomato
 Veggie & Hummus

Butter Pancakes 7
 Cheesy Potato Hash
 Sausage

Walking Tacos 1
 Mexican Black Beans
 Lettuce
 Salsa

Pizza Friday 2
 Carrot Sticks

Chicken Slider 12
 Baked WG Fries
 Corn on the Cob

Chicken Alfredo 13
 Zucchini

BBQ Hot Dog 14
 Bake Beans

Turkey/ Provolone Subs 15
 Romaine Lettuce
 Tomato
 Celery Sticks

Pizza Friday 16
 Carrot Sticks

Mediterranean Chicken 19
 / Mozz.
 Flatbread
 Garlic Red Skin Potato

Mostaccioli 20
 Green Beans

BBQ Chicken 21
 Veggie Bake Beans
 WG Breadstick
 Roasted Sweet Potatoes

Turkey Lasagna 22
 Spring Romaine Salad

Pizza Friday 23
 Slice Red Peppers

Popcorn Chicken 26
 Rosemary Potato
 Lemon Broccoli

Grilled Chicken 27
 WG Wrap
 Apple Cabbage Coleslaw

Mac & Cheese 28
 Sweet Peas & Carrots

Enchilada Casserole 29
 Refried Pinto Beans
 Spinach Tomato Salad

Pizza Friday 30
 Carrot Sticks