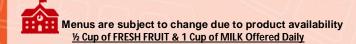
September 2016

Just A Dash Catering







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.





Monday	Tuesday	Wednesday	Thursday	Friday
Al La Carle Options -Flavored Chex Mix-\$0.75 -WG Pice Krispe Treats-\$1.00 -WG WG Ho. un-50.80 -Frozen 100-6 Fruit Cops-	(A la Carte List Varies Daily)		Walking Tacos Mexican Black Bean Lettuce Salsa	Pizza Friday Carrot Sticks
Labor Day	Burger Romaine Lettuce Tomato Veggie & Hummus	Butter Pancakes Cheesy Potato Hash Sausage	Chili Mac Casserole 8 Golden Corn	Pizza Friday Slice Red Peppers
Chicken Slider Baked WG Fries Corn on the Cob	Chicken Alfredo Zucchini	BBQ Hot Dog Bake Beans	Turkey/ Provolone Subs Romaine Lettuce Tomato Celery Sticks	Pizza Friday Carrot Sticks
Mediterranean Chi 19 n / Mozz. Flatbread Garlic Red Skin Potato	Mostaccioli Green Beans	BBQ Chicken Veggie Bake Beans WG Breadstick Roasted Sweat Potatoes	Turkey Lasagna Spring Romaine Salad	Pizza Friday Slice Red Peppers
Popcorn Chicken Rosemary Potato Lemon Broccoli	Grilled Chicken WG Wrap Apple Cabbage Coleslaw	Mac & Cheese Sweet Peas & Carrots	Enchilada Casserole Refried Pinto Beans Spinach Tomato Salad	Pizza Friday Carrot Sticks