

CTECS LUNCH MENU

August 29 through August 31, 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>			<p>Fresh Made Cheeseburger on a Whole Grain Bun! Oven Baked Sweet Potato Fries Steamed Seasoned Broccoli Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Spicy Chicken Patty on a Whole Grain Bun! Oven Baked Fries Seasoned Golden Corn Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Pizza! Choice of Mozzarella or Pepperoni on Whole Grain Crust Green Leaf Tossed Garden Salad Marinated Italian Green Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>Daily Meal Deal Choice 2!</p> <p style="text-align: right;">\$3.35</p>			<p>Fresh Made Spicy Chicken Patty on a Whole Grain Bun! Oven Baked Sweet Potato Fries Steamed Seasoned Broccoli Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Cheeseburger on a Whole Grain Bun! Oven Baked Fries Seasoned Golden Corn Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Crispy Chicken Patty on a Whole Grain Bun! Green Leaf Tossed Green Salad Marinated Italian Green Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>The Delectable Deli Sandwiches!</p> <p style="text-align: right;">\$3.35</p>			<p><i>Deli Sandwiches and Chef Salads Will Be Available Next Week!</i></p>	<p><i>Deli Sandwiches and Chef Salads Will Be Available Next Week!</i></p>	<p><i>Deli Sandwiches and Chef Salads Will Be Available Next Week!</i></p>
<p>Salads and Such!</p> <p style="text-align: right;">\$3.35</p>			<p><i>Deli Sandwiches and Chef Salads Will Be Available Next Week!</i></p>	<p><i>Deli Sandwiches and Chef Salads Will Be Available Next Week!</i></p>	<p><i>Deli Sandwiches and Chef Salads Will Be Available Next Week!</i></p>

CTECS LUNCH MENU

September 4 through September 7, 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Labor Day!</p>	<p>Chicken and Ham Melt! Crispy Chicken Patty Topped with Virginia Ham, smothered in Melted Cheese and Nestled in a Whole Grain Crusty French Roll Baked Sweet Potato Wedges Pizza Green Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Jumbo Cheese Ravioli! With Marinara Sauce Garlic Bread Stick Steamed Lemon Broccoli Honey Glazed Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Taco Nachos! Corn Nacho Chips with Choice of Taco Meat, Cheddar Cheese, Lettuce, Tomato, and Salsa Cilantro Lime Brown Rice Seasoned Golden Corn Cuban Black Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or Roasted Red and Green Peppers on a Whole Grain Crust Green Leaf Tossed Garden Salad Cowboy Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>Daily Meal Deal Choice 2!</p> <p style="text-align: right;">\$3.35</p>		<p>Whole Grain French Bread Pizza! Choice of Cheese or Pepperoni Baked Sweet Potato Wedges Pizza Green Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Spicy Chicken Patty on a Whole Grain Bun! Steamed Lemon Broccoli Honey Glazed Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Cheeseburger on a Whole Grain Bun! Cilantro Lime Brown Rice Seasoned Golden Corn Cuban Black Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Crispy Chicken Patty on a Whole Grain Bun! Green Leaf Tossed Garden Salad Cowboy Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>The Delectable Deli!</p> <p style="text-align: right;">\$3.35</p>		<p>Buffalo Chicken in a Whole Grain Tortilla! Lettuce and Tomato Baked Sweet Potato Wedges Pizza Green Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Oven Roasted Deli Turkey with American Cheese On A Whole Grain Kaiser Roll! Lettuce and Tomato Steamed Lemon Broccoli Honey Glazed Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Virginia Baked Ham and American Cheese on a Whole Grain Grinder Roll! Lettuce and Tomato Seasoned Golden Corn Cuban Black Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Tuna Salad Sandwich on a Whole Grain Ciabatta Roll! Lettuce and Tomato Green Leaf Tossed Garden Salad Cowboy Green Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>Salads and Such!</p> <p style="text-align: right;">\$3.35</p>		<p>Buffalo Chicken Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Oven Roasted Turkey & Cheese Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Virginia Baked Ham and Cheese Chef Salad! Whole Grain Dinner Rolls(2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Tuna Salad Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>

CTECS LUNCH MENU

September 10 through September 14, 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! <i>Complete Meals</i></p> <p style="text-align: right;">\$3.35</p>	<p>Grilled Chicken Breast Filet on A Whole Grain Kaiser Roll! Lettuce And Tomato Seasoned Baked Potato Wedges California Blend Vegetables Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Choice of Beef or Bean Taco on a Whole Grain Tortilla! Choice of Cheddar Cheese, Lettuce, Tomato and Salsa Spanish Rice BBQ Baked Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Whole Grain Pasta Marinara with Meat Balls! Garlic Bread Stick Crispy Romaine Salad Fresh Cut Cucumbers with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Popcorn Chicken and Gravy over Mashed Potatoes Topped with Corn and Cheddar Cheese! Whole Grain Biscuit Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or Tomato and Basil on a Whole Grain Crust Green Leaf Tossed Garden Salad Fresh Grape Tomatoes Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>Daily Meal Deal Choice 2!</p> <p style="text-align: right;">\$3.35</p>	<p>All Beef Hot Dog on Whole Grain Bun! Seasoned Baked Potato Wedges California Blend Vegetables Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Whole Grain French Bread Pizza! Fresh Baby Carrots BBQ Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Spicy Chicken Patty on Whole Grain Bun! Crispy Romaine Salad Fresh Cut Cucumbers with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Cheeseburger on a Whole Grain Bun! Mashed Potatoes Golden Kernel Corn Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Crispy Chicken Patty on a Whole Grain Bun! Green Leaf Tossed Garden Salad Fresh Grape Tomatoes with Basil Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>The Delectable Deli!</p> <p style="text-align: right;">\$3.35</p>	<p>Sun Butter and Jelly on a Whole Grain Kaiser Roll! Cheese Stick Seasoned Baked Potato Wedges California Blend Vegetables Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken on a Whole Grain Tortilla! Lettuce and Tomato Fresh Baby Carrots BBQ Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Oven Roasted Deli Turkey and American Cheese On a Whole Grain Kaiser Roll! Lettuce and Tomato Crispy Romaine Salad Steam Fresh Cut Cucumbers with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Virginia Baked Ham and American Cheese on a Whole Grain Grinder Roll! Lettuce and Tomato Mashed Potatoes Golden Kernel Corn Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Tuna Salad Sandwich on a Whole Grain Ciabatta Roll! Lettuce and Tomato Green Leaf Tossed Garden Salad Fresh Grape Tomatoes Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>Salads and Such!</p> <p style="text-align: right;">\$3.35</p>	<p>Popcorn Chicken Chef Salad! Whole Grain Dinner Roll (1) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Oven Roasted Turkey and Cheese Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Virginia Baked Ham and Cheese Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Tuna Salad Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>

CTECS LUNCH MENU

September 17 through September 21, 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Freshly Made Turkey Bacon Cheeseburger on a Whole Grain Bun! Baked Crinkle Cut Fries Steamed Broccoli and Garlic Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Brunch For Lunch! Egg, Ham, and Cheese on a Whole Grain Ciabatta Roll! Fresh Made Home Fries Honey Glazed Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Sloppy Joe on a Whole Grain Bun! Chili Roasted Sweet Potatoes Golden Seasoned Corn Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Chicken Fajita over Cilantro Lime Rice! With Peppers, Onions, and Salsa Fiesta Red Beans Fresh Baby Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or Turkey Bacon on a Whole Grain Crust Green Leaf Tossed Garden Salad Marinated Broccoli Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>Daily Meal Deal Choice 2!</p> <p style="text-align: right;">\$3.35</p>	<p>All Beef Hot Dog on Whole Grain Bun! Baked Crinkle Cut Fries Steamed Broccoli and Garlic Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Whole Grain French Bread Pizza! Fresh Made Home Fries Honey Glazed Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Spicy Chicken Patty on a Whole Grain Bun! Chili Roasted Sweet Potatoes Golden Seasoned Corn Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Cheeseburger on a Whole Grain Bun! Fiesta Red Beans Fresh Baby Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Crispy Chicken Patty on a Whole Grain Bun! Green Leaf Tossed Garden Salad Marinated Broccoli Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>The Delectable Deli!</p> <p style="text-align: right;">\$3.35</p>	<p>Sun Butter and Jelly on Whole Grain Kaiser Roll! Cheese Stick Baked Crinkle Cut Fries Steamed Broccoli and Garlic Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken on a Whole Grain Tortilla Wrap! Lettuce and Tomato Fresh Made Home Fries Honey Glazed Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Oven Roasted Deli Turkey With American Cheese On A Whole Grain Kaiser Roll! Lettuce and Tomato Chili Roasted Sweet Potatoes Golden Seasoned Corn Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Virginia Baked Ham and American Cheese on a Whole Grain Grinder Roll! Lettuce and Tomato Fiesta Red Beans Fresh Baby Carrots with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Tuna Salad Sandwich on a Whole Grain Ciabatta Roll! Lettuce and Tomato Green Leaf Tossed Garden Salad Marinated Broccoli Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>Salads and Such!</p> <p style="text-align: right;">\$3.35</p>	<p>Popcorn Chicken Chef Salad! Whole Grain Dinner Roll (1) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Oven Roasted Turkey and Cheese Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Virginia Baked Ham and Cheese Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Tuna Salad Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>

CTECS LUNCH MENU

September 24 through September 28, 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Chicken Pizza Sandwich! Grilled Boneless Chicken Breast Smothered in Mozzarella Cheese, Topped with Pepperoni, and Nestled in a Fresh Bakery Ciabatta Roll Baked Potato Wedges Fresh Made Green Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Pasta with Meat Sauce! Green Leaf Tossed Garden Salad Tuscan White Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Spicy Orange Chicken! Popcorn Chicken in a Delectable Orange Sauce over Fried Rice! Steamed Broccoli Florets Honey Gingered Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Brunch For Lunch! Golden French Toast Sticks! With Syrup Turkey Sausage Patty (2) Home Fried Potatoes Fresh Grape Tomatoes With Basil Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or Buffalo Chicken Pizza on a Whole Grain Crust Green Leaf Tossed Garden Salad Fresh Cut Celery Sticks Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>Daily Meal Deal Choice 2!</p> <p style="text-align: right;">\$3.35</p>	<p>All Beef Hot Dog on a Whole Grain Bun! Baked Potato Wedges Fresh Made Green Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Whole Grain French Bread Pizza! Refried Beans Fresh Sliced Red & Green Peppers Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Spicy Chicken Patty on a Whole Grain Bun! Steamed Broccoli Florets Honey Gingered Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Cheeseburger on a Whole Grain Bun! Home Fried Potatoes Fresh Grape Tomatoes With Basil Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Crispy Chicken Patty on a Whole Grain Bun! Green Leaf Tossed Garden Salad Fresh Cut Celery Sticks Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>The Delectable Deli!</p> <p style="text-align: right;">\$3.35</p>	<p>Sun Butter and Jelly on Whole Grain Kaiser Roll! Cheese Stick Baked Potato Wedges Fresh Made Green Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken on a Whole Grain Tortilla! Lettuce and Tomato Refried Beans Fresh Sliced Red & Green Peppers Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Oven Roasted Deli Turkey With American Cheese On A Whole Grain Kaiser Roll! Lettuce and Tomato Steamed Broccoli Florets Honey Gingered Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Virginia Baked Ham and American Cheese on a Whole Grain Grinder Roll! Lettuce and Tomato Home Fried Potatoes Fresh Grape Tomatoes With Basil Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Tuna Salad Sandwich on Whole Grain Ciabatta Roll! Lettuce and Tomato Green Leaf Tossed Garden Salad Fresh Cut Celery Sticks Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>Salads and Such!</p> <p style="text-align: right;">\$3.35</p>	<p>Popcorn Chicken Chef Salad! Whole Grain Dinner Roll (1) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Oven Roasted Turkey and Cheese Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Virginia Baked Ham and Cheese Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Tuna Salad Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>

CTECS LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL DEALS! Complete Meals <p style="text-align: right;">\$3.35</p>	Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Freshly Made Pizza on Whole Grain Crust with Choice of Mozzarella, Pepperoni or Grilled Chicken and Broccoli Green Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk
Daily Meal Deal Choice 2! <p style="text-align: right;">\$3.35</p>	All Beef Hot Dog on Whole Grain Bun Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Whole Grain French Bread Pizza! Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Freshly Made Spicy Chicken on Whole Grain Bun! Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Freshly Made Cheeseburger on Whole Grain Bun Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Crispy Chicken Patty on Whole Grain Bun Green Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk
The Delectable Deli! <p style="text-align: right;">\$3.35</p>	Peanut Butter OR Sunbutter and Jelly on Whole Grain Kaiser Roll with String Cheese Stick Served with Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Buffalo Chicken on Whole Grain Tortilla Wrap with Lettuce and Tomato Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Oven Roasted Deli Turkey With American Cheese On A Whole Grain Kaiser Roll with Lettuce and Tomato Served with Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Virginia Baked Ham and American Cheese on A Whole Grain Grinder Roll with Lettuce and Tomato Served with Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Tuna Salad Sandwich on Whole Grain Ciabatta Roll with Lettuce and Tomato Green Leaf Tossed Served with Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk
Salads and Such! <p style="text-align: right;">\$3.35</p>	Popcorn Chicken Chef Salad with Whole Grain Dinner Roll (1) Choice of Dressing Served with Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Buffalo Chicken Chef Salad with Whole Grain Dinner Roll (2) Choice of Dressing Served with Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Oven Roasted Turkey and Cheese Chef Salad with Whole Grain Dinner Roll (2) Choice of Dressing Served with Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Virginia Baked Ham and Cheese Chef Salad with Whole Grain Dinner Roll (2) Choice of Dressing Served with Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Tuna Salad Chef Salad with Whole Grain Dinner Roll (2) Choice of Dressing Served with Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk