CARDINAL CUSHING SCHOOL WEEKLY MENU
SEPTEMBER 29 - OCTOBER 3, 2014

DAY	OPTION 1	OPTION 2	SIDE 1	SIDE 2	SOUP	DELI (available in staff dining room only)
MON	Pulled Pork on Wheat Roll	Garden Cheddar Salad with Whole Grain Croutons	Ranch Slaw	Apple Slices	Vegetable Soup	Tuna Salad Ham Roast Beef Turkey
TUES.	Whole Wheat Penne with Meat Sauce	New England Turkey Wrap (Whole Wheat, Turkey, Greens, Gouda and Cranberry)	Mixed Vegetables	Baby Carrots	Turkey and Wild Rice	Chicken Salad Ham Roast Beef Turkey
WED.	Baked Ham and Cheese on Whole Wheat Croissant	Roasted Chicken and Feta Salad	Pita Chips with Hummus	Sliced Peaches	Beef Rice	Egg Salad Ham Roast Beef Turkey
THUR.	Grilled Sundried Tomato Chicken Brown Rice Florentine	Grilled Cheese on Whole Grain	Baby Garden Salad	Fresh Grapes	Chicken Vegetable	Ham and Pickle Ham Roast Beef Turkey
FRI.	Fish Filet on Whole Wheat Roll	Whole Grain Cheese Pizza	Broccoli with Dip	Fruit Cocktail	Clam Chowder	Tuna Salad Ham Roast Beef Turkey
F -1	ALL LUNCHES INCLUDE: Choice of Milk Seasonal Fresh Fruit Asst. Low Fat Yogurt					