

PEAK 2015 Lunch Menu

Week 1
 Week 2
 Week 3

Week 4
 Week 5
 Week 6

Week 7
 Week 8
 Week 9

Menus should be completed and returned by the Friday prior to each session enrolled.
 All lunches come with chips, fruit/vegetables, and juice drinks.

If any selected items below need any exceptions, please make a note beside the item. (e.x. Garden salad - *No cheese*)

Check one item per day:

- Monday** *Cold Sandwiches*
- Ham
 - Turkey
 - Combo (Turkey/Ham)
 - Veggie Sandwich
 - Garden salad
 - Grilled cheese sandwich
 - Garden salad with chicken
 - Hummus and Pita

- Thursday** *Wraps*
- Turkey Wrap
 - B.L.T. Wrap
 - Veggie Wrap
 - Chicken Wrap
 - Garden salad
 - Grilled cheese sandwich
 - Garden salad with chicken
 - Hummus and Pita

- Tuesday**
- Grilled Sandwiches*
- Cold Grilled Chicken Sandwich
 - Hot Grilled Chicken Sandwich
 - Garden salad
 - Grilled cheese sandwich
 - Garden salad with chicken
 - Hummus and Pita

- Friday** *Pizza Day*
- Cheese Pizza
 - Pepperoni Pizza
 - Garden salad
 - Grilled cheese sandwich
 - Garden salad with chicken
 - Hummus and Pita

- Wednesday**
- Burgers*
- Hamburger
 - Cheeseburger
 - Hot Dog
 - Veggie Burger
 - Garden salad
 - Grilled cheese sandwich
 - Garden salad with chicken
 - Hummus and Pita

Please indicate below any special dietary needs including those indicated on the Health History Form.

