



October Eat Fresh

Monday

Chef Salad

Popcorn Chicken
Salad

Oriental Chicken
Salad

Club Sandwich

Cajun Chicken
Wrap

Yogurt/
Blueberries

Tuesday

COB Salad

Spicy Popcorn
Chicken Salad

Raspberry
Chicken Salad

Chicken Salad
Sandwich (croissant)

Fajita Chicken
Wrap

Yogurt &
Strawberries

Wednesday

Chef Salad

Popcorn Chicken
Salad

Caesar Chicken
Salad

Turkey & Bacon
Sandwich

Chicken Bacon
Ranch Wrap

Cottage Cheese
& Peaches

Thursday

COB Salad

Spicy Popcorn
Chicken Salad

Southwest
Chicken Salad

Tuna Sandwich

Turkey Bacon
Wrap

Cottage Cheese
& Strawberries

Friday

Chef Salad

Popcorn Chicken
Salad

Turkey & Ham
Sandwich

Caesar Chicken
Salad

Club Wrap

Buffalo Chicken
Wrap