






Cambridge Lunch Ideas for October 2009

Mon	Tue	Wed	Thu	Fri
Purchase Thermos and Cool Packs to Keep Hot Foods warm and Cold foods cool. Let's try it this month!!!			Tuna Temptation Tuna to go w/ Crackers Carrot/Celery Sticks Sliced Apples 8oz Bottled Water	Rasta Pasta Salad Chicken Pasta Salad Sliced Tomatoes Pineapple Chunks 8oz Gatorade
Super Salami Sandwich Salami w/American Cheese Pretzel Sticks Chilled Pears 8oz Bottle Water	Super Spinach Soup Spinach/Chicken/Mushroom Soup Whole Grain Ritz Crackers Seedless Grapes 100% Fruit Juice of Choice	Rockin' Rollers Chicken Wrap Whole Grain Sun Chips Applesauce 8oz Gatorade	Savory Soup Chicken Noodle Soup Crackers Diced Peaches 8oz Bottled Water	Happy Ham Sandwich Honey Ham w/DiJon Mustard Baked Lays Chips Pineapple Chunks 100% Fruit Juice of Choice
NATIONAL SCHOOL LUNCH WEEK!!!				
Tasty Club Turkey Club Sandwich Cole Slaw Pickle Spear Granola Bar Strawberries 100% Fruit Juice of Choice	Homemade Vegetable Soup Vegetable Soup Cheez-It Twister Sticks Mandarin Orange/Pineapple Fruit Salad 8oz Bottled Water 	Cambridge Kabobs Chicken N Veggie Kabobs Sliced Cucumbers/Tomatoes w/Dill Dipping Sauce Jelly-O 8oz Gatorade	Mommy's Spaghetti Wheat Pasta w/Meat Sauce Garlic Bread Lettuce Tomato Salad w/Dressing Sliced Apples 8oz Bottled Water 	Pleasingly Pastrami Pastrami on Rye Whole Grain Sun Chips Sliced Peaches 100% Juice of Choice
Tasty Tuna Quesadillas Tuna Salad on Wheat Tortillas Tortilla Chips w/Salsa Mandarin Oranoes 8oz Bottled Water	Coat the Tummy Chicken N Rice Soup Diced Chicken w/Brown Rice Soup Green Beans Carrot Slicks Pineapple Chunks 8oz Bottle Water	Sub on the Run Turkey Sub Cole Slaw Troical Fruit Salad Cuo	Cuddle Time Chili Turkey Chili Oyster Crackers Cheese Sticks Seedless Grapes 8oz Bottle Water	Cuddle Time Chili Chicken Pita Baked Lays Chips Strawberries 100% Juicy Juice
Power Peanut Butter PB N Banana Sandwich Ants on a Log Cream Cheese/Celery/Raisins 8oz Bottled Water	Sizzlin' Salad Chicken Cesear Salad Fruit Cocktail Jell-O 8oz Bottled Water	 Kool Kaiser Roll Sandwich Sliced Turkey w/Provolone Sliced Tomato N Avacado Seedless Grapes 8oz Gatorade	Vibrant Vegetable Stew Vegetable Stew Sliced Cucumber N Tomato Salad Chilled Pears 8oz Capri Sun Cool Waters	Old School Sandwich BLT on Wheat Cheez-It Twisters Sliced Peaches 8oz Bottled Water

