



Mon	Tue	Wed	Thu	Fri
1 Choose 1: Meatball Sub Cobb Salad (Bacon, Blue Cheese, Chicken, Egg) Turkey & Cheese on whole wheat	2 Choose 1: Italian Risotto w/Sausage Chicken Cesar Salad Ham & Cheese on whole wheat	3 Choose 1: Pasta w/Chicken Alfredo Cobb Salad (Bacon, Blue Cheese, Chicken, Egg) Italian Sub (Salami, Prosciutto, Provolone)	4 Choose 1: Hot Dogs Chicken Cesar Salad Italian Sub (Salami, Prosciutto, Provolone)	5 No School
8 Choose 1: Chicken LoMein Chicken Cesar Salad Tuna Salad on whole wheat	9 Choose 1: Hamburgers Cobb Salad (Bacon, Blue Cheese, Chicken, Egg) Honey Mustard Chicken Salad Sandwich	10 Choose 1: Roasted Chicken Bowtie Pasta Salad w/ Tuna Italian Sub (Salami, Prosciutto, Provolone)	11 Choose 1: Chicken Nuggets Chicken Cesar Salad Turkey & Cheese on whole wheat	12 Choose 1: Cheese Pizza w/ whole wheat crust Bowtie Pasta Salad w/ Tuna Tuna Salad on whole wheat
15 Choose 1: Macaroni & Cheese Cobb Salad (Bacon, Blue Cheese, Chicken, Egg) Turkey & Cheese on whole wheat	16 Choose 1: Cuban Rice w/ Meatballs Chicken Cesar Salad Ham & Cheese on whole wheat	17 Early Release	18 Choose 1: Beef Tacos Chicken Cesar Salad Italian Sub (Salami, Prosciutto, Provolone)	19 Choose 1: Cheese Pizza w/ whole wheat crust Bowtie Pasta Salad w/ Tuna Tuna Salad on whole wheat
22 Choose 1: Beef Stroganoff Chicken Cesar Salad Tuna Salad on whole wheat	23 Choose 1: Hot Dogs Cobb Salad (Bacon, Blue Cheese, Chicken, Egg) Honey Mustard Chicken	24 Choose 1: Arroz Con Pollo Bowtie Pasta Salad w/ Tuna Italian Sub (Salami, Prosciutto, Provolone)	25 Choose 1: Hamburgers Chicken Cesar Salad Turkey & Cheese on whole wheat	26 Choose 1: Cheese Pizza w/ whole wheat crust Greek Salad Tuna Salad on whole wheat
29 Choose 1: Macaroni & Cheese Cobb Salad (Bacon, Blue Cheese, Chicken, Egg) Turkey & Cheese on whole wheat	30 Choose 1: Chicken LoMein Chicken Cesar Salad Ham & Cheese on whole wheat	31 Choose 1: Lasagna w/ Chicken Cobb Salad (Bacon, Blue Cheese, Chicken, Egg) Italian Sub (Salami, Prosciutto, Provolone)		

Hummus Sandwiches

Ingredients:

1 ¼ cup dried chickpeas or 3 ½ cups canned chickpeas (garbanzo or ceci beans)
5 to 6 cups water
¼ cup tahini
3 to 5 cloves garlic
2 to 3 lemons, for ¼ cup juice
1 teaspoon sea salt
1 carrot
5 small whole-wheat pita breads

Steps:

1. If using dried chickpeas, rinse and soak chickpeas overnight. Drain soaking water; place chickpeas in pot and add fresh water. Cook 1 to 2 hours or until chickpeas are soft.
2. Mince the garlic, squeeze the lemons, and peel and grate the carrot.
3. Place chickpeas in blender and add tahini, garlic, lemon juice and salt. Blend until creamy smooth, adding water if necessary.
4. Heat a skillet and toast the pita bread. Keep warm under a clean dish towel. Cut bread into 2 to 4 wedges, spread with hummus, place carrots on top and serve.
10 servings