

Main Street Menu, August/September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26 CKC CLOSED	27 Bagels w/ cream cheese or strawberry jam & sliced apples	28 Wheat thins w/ turkey, cheddar cheese, & sliced oranges	29 Pita chips w/ hummus, string cheese & baby carrots	30 Pasta w/ marinara sauce or butter, parmesan cheese, meatballs & mixed vegetables	31
1	2 CKC CLOSED Labor Day	3 Cheese quesadillas w/ salsa, & sliced apples	4 Turkey, cheddar cheese & spinach rolled in a tortilla w/ baby carrots	5 English muffin pizza w/ marinara sauce, shredded cheese, & pineapple	6 Rice bowls w/ pot stickers, seaweed & carrots	7
8	9 Pancakes w/ agave & mixed berries	10 Berry bowls with chia seeds, granola & sliced bananas	11 Hawaiian rolls w/ turkey or ham, cheddar cheese & sliced pears	12 Annie's Macaroni & cheese w/ carrots	13 Nachos: Tortilla chips, shredded cheese, black beans, & salsa	14
15	16 English muffins w/ cream cheese and jam & peaches	17 Bean, rice, & cheese burritos w/ baby carrots	18 Sandwiches on whole wheat bread w/ turkey and cheese & sliced oranges	19 Pretzel crisps w/ hummus dip, turkey or ham, & dried mango	20 Annie's veggie chili w/ tortilla chips, shredded cheese, & baby carrots	21
22	23 Oatmeal w/ honey, cinnamon & mixed berries	24 Rice bowls w/ brown rice, black beans, shredded cheese, salsa, & cucumbers	25 Grilled cheese sandwiches on whole wheat bread w/ sliced watermelon	26 Yogurt w/ agave, pineapple, & granola	27 Bean and cheese burritos with baby carrots and ranch	28
29	30 Wheat Thins, string cheese, & applesauce w/ cinnamon					

