

# Salads and Sandwiches

## Week of September 2

Chicken Tender Salad OR Chef Salad

Spicy Chicken Wrap OR Chopped Salad Wrap

## Week of September 9

Grilled Chicken Salad OR Spicy Chicken Salad

Chicken Salad with Fruit Wrap OR Grilled Chicken Wrap

## Week of September 16

Southwest Chicken Salad OR Chicken Tender Salad

Southwest Chicken Wrap OR Ham and Cheese Sandwich

## Week of September 23

Asian Chicken Salad OR Grilled Chicken Salad

Turkey and Cheese Sandwich OR Grilled Chicken Wrap

## Week of September 30

Taco Salad OR Spicy Chicken Salad

Turkey Wrap OR Spicy Chicken Wrap