

**BUCKS COUNTY ALTERNATE - APRIL 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
<b>TURKEY &amp; CHEESE SANDWICH</b> (2oz turkey, 1oz American cheese, 2oz WW Hamburger bun)  Lettuce leaf, 2 tomato slices ½ cup marinated broccoli salad ½ cup carrot and raisin salad Fresh Apple	<b>TURKEY HAM &amp; SWISS PITA</b> (1.5oz EP turkey ham, 1.5oz Swiss cheese, ½ WW pita)  Lettuce leaf, 2 tomato slices ½ cup potato salad ½ cup 3 bean salad ½ cup applesauce	<b>GRILLED CHICKEN SALAD W CRAISINS &amp; ALMONDS</b> (3oz EP chicken, 1 T craisins, 1 T almonds, 2 cups romaine lettuce, 1oz Raspberry vinaigrette) ½ cup macaroni salad ½ cup marinated carrot salad 1 oz WW bread, pc marg 1.5oz cranberry muffin	<b>TURKEY ON WHOLE WHEAT</b> (3oz EP turkey, 2 slices WW bread)  Lettuce leaf, 2 slices tomato ½ cup Cole slaw ½ cup chickpea, peppers, tomatoes, and onion salad ½ c fruit cocktail	<b>ASIAN CHICKEN SALAD</b> (3oz EP chicken, 2 cups romaine lettuce, 1 oz chow Mein noodles, 1oz Asian dressing)  ½ cup cold sesame noodle salad ½ cup marinated cucumber and carrot salad 1.5oz WW roll, pc marg ½ cup mandarin oranges
11	12	13	14	15
<b>SEAFOOD SALAD PLATTER W CHEESE</b> (3oz EP surimi, 1 oz cheddar cheese)  ½ cup marinated tomato and white bean ½ cup marinated cucumber and onion salad 1.5oz WW roll, margarine Fresh orange	<b>HONEY MUSTARD SLICED CHICKEN WRAP</b> (3oz EP chicken, 1 T Honey mustard )  Lettuce leaf, 2 slices tomato ½ cup Greek orzo salad (orzo, tomato, cucumber, chickpeas, olives) ½ cup marinated carrot & cauliflower salad 6" whole wheat tortilla ½ cup pineapples	<b>TUNA NICOISE SALAD</b> (2oz EP flaked tuna/no mayo, 1 whole egg, 2 cup romaine lettuce, 0.5oz red onion, 0.5oz olives, 2 pkts LSLF Italian dressing) ½ cup marinated green bean salad ½ cup potato salad 1.5oz whole wheat roll, pc marg Fresh Apple	<b>GARDEN SALAD W CHICKEN</b> (2oz EP chicken, 1 HB egg, 0.5oz shredded cheese, 2 cups romaine, 2 pkt low sodium, low fat Italian dressing) ½ cup tomato and cucumbers ½ cup cold couscous w peppers 1 slice WW bread, pc margarine ½ cup cinnamon applesauce	<b>ROAST BEEF CAESAR SALAD</b> (3oz EP roast beef, 1/2 whole HB egg, 2 cups romaine lettuce, 1 T croutons, 1oz Caesar dressing)  ½ cup homemade pasta salad ½ cup marinated tomato basil salad 1 oz WW bread, pc marg chocolate chip cookie
18	19	20	21	22
<b>CHICKEN SALAD WRAP</b> (3oz EP chicken)  Lettuce leaf, 2 slices tomato ½ cup homemade potato salad ½ cup health salad 6" whole wheat tortilla 1/2 mandarin oranges	<b>SPINACH SALAD TOPPED WITH EGG SALAD</b> (3 whole eggs EP in egg salad, 2 cups fresh spinach, 1 oz red peppers, 0.5oz red onion, 1oz FF Italian dressing) ½ cup marinated beet salad ½ cup marinated dill cucumber salad 1.5oz WW roll, pc marg ½ cup peaches	<b>CHICKEN TACO SALAD</b> (2oz chicken, 0.5oz cheddar cheese, 1/8c black beans, 2 cups romaine lettuce, 1oz FF ranch) ½ cup corn & pepper salsa ½ cup marinated tomato salad 1.5oz WW roll, pc marg ½ cup berry applesauce	<b>TURKEY &amp; CHEESE SANDWICH</b> (2oz turkey, 1oz American cheese, 2oz WW Hamburger bun)  Lettuce leaf, 2 tomato slices ½ cup marinated broccoli salad ½ cup carrot and raisin salad Fresh Apple	<b>GRILLED CHICKEN SALAD W CRAISINS &amp; ALMONDS</b> (3oz EP chicken, 1 T craisins, 1 T almonds, 2 cups romaine lettuce, 1oz Raspberry vinaigrette) ½ cup macaroni salad ½ cup marinated carrot salad 1 oz WW bread, pc marg 1oz sugar cookie
25	26	27	28	29
<b>SEAFOOD SALAD PLATTER W CHEESE</b> (3oz EP surimi, 1 oz cheddar cheese)  ½ cup marinated tomato and white bean ½ cup marinated cucumber and onion salad 1.5oz WW roll, margarine ½ cup pineapples	<b>TUNA SALAD PLATTER</b> (3oz EP Tuna)  Lettuce leaf, 2 slices tomato ½ cup lentil tomato & onion salad ½ cup marinated broccoli salad 1.5oz whole wheat roll, pc marg 1.5oz carrot raisin muffin	<b>CHEF SALAD</b> (1oz turkey ham, 1oz turkey, 1oz Swiss cheese, 2 cups romaine, 1oz cucumber, 1oz diced tomato, 1oz FF 1000 island drg) ½ cup macaroni salad ½ cup marinated green bean salad 1.5oz WW roll, pc marg Fresh Orange	<b>VEGETABLE PASTA SALAD WITH CHICKEN</b> (1/2 cup vegetable pasta salad, 2oz EP chicken, ¼ c white beans) ½ cup marinated summer salad (peppers, tomato, cucumber, onions) ½ cup pineapples 1 slice whole wheat bread, pc margarine ½ cup berry applesauce	<b>GARDEN SALAD W CHICKEN</b> (2oz EP chicken, 1 HB egg, 0.5oz shredded cheese, 2 cups romaine, 2 pkt low sodium, low fat Italian dressing) ½ cup tomato and cucumbers ½ cup cold couscous w peppers 1 slice WW bread, pc margarine ½ cup pears

**BUCKS COUNTY ALTERNATE - MAY 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<b>TURKEY &amp; CHEESE SANDWICH</b> (2oz turkey, 1oz American cheese, 2oz WW Hamburger bun)  Lettuce leaf, 2 tomato slices ½ cup marinated broccoli salad ½ cup carrot and raisin salad Fresh Apple	<b>TURKEY HAM &amp; SWISS PITA</b> (1.5oz EP turkey ham, 1.5oz Swiss cheese, ½ WW pita)  Lettuce leaf, 2 tomato slices ½ cup potato salad ½ cup 3 bean salad ½ cup applesauce	<b>GRILLED CHICKEN SALAD W CRAISINS &amp; ALMONDS</b> (3oz EP chicken, 1 T craisins, 1 T almonds, 2 cups romaine lettuce, 1oz Raspberry vinaigrette) ½ cup macaroni salad ½ cup marinated carrot salad 1 oz WW bread, pc marg 1.5oz cranberry muffin	<b>TURKEY ON WHOLE WHEAT</b> (3oz EP turkey, 2 slices WW bread)  Lettuce leaf, 2 slices tomato ½ cup Cole slaw ½ cup chickpea, peppers, tomatoes, and onion salad ½ c fruit cocktail	<b>ASIAN CHICKEN SALAD</b> (3oz EP chicken, 2 cups romaine lettuce, 1 oz chow Mein noodles, 1oz Asian dressing)  ½ cup cold sesame noodle salad ½ cup marinated cucumber and carrot salad 1.5oz WW roll, pc marg ½ cup mandarin oranges
9	10	11	12	13
<b>SEAFOOD SALAD PLATTER W CHEESE</b> (3oz EP surimi, 1 oz cheddar cheese)  ½ cup marinated tomato and white bean ½ cup marinated cucumber and onion salad 1.5oz WW roll, margarine Fresh orange	<b>HONEY MUSTARD SLICED CHICKEN WRAP</b> (3oz EP chicken, 1 T Honey mustard )  Lettuce leaf, 2 slices tomato ½ cup Greek orzo salad (orzo, tomato, cucumber, chickpeas, olives) ½ cup marinated carrot & cauliflower salad 6" whole wheat tortilla ½ cup pineapples	<b>TUNA NICOISE SALAD</b> (2oz EP flaked tuna/no mayo, 1 whole egg, 2 cup romaine lettuce, 0.5oz red onion, 0.5oz olives, 2 pkts LSLF Italian dressing) ½ cup marinated green bean salad ½ cup potato salad 1.5oz whole wheat roll, pc marg Fresh Apple	<b>GARDEN SALAD W CHICKEN</b> (2oz EP chicken, 1 HB egg, 0.5oz shredded cheese, 2 cups romaine, 2 pkt low sodium, low fat Italian dressing) ½ cup tomato and cucumbers ½ cup cold couscous w peppers 1 slice WW bread, pc margarine ½ cup cinnamon applesauce	<b>ROAST BEEF CAESAR SALAD</b> (3oz EP roast beef, 1/2 whole HB egg, 2 cups romaine lettuce, 1 T croutons, 1oz Caesar dressing)  ½ cup homemade pasta salad ½ cup marinated tomato basil salad 1 oz WW bread, pc marg chocolate chip cookie
16	17	18	19	20
<b>CHICKEN SALAD WRAP</b> (3oz EP chicken)  Lettuce leaf, 2 slices tomato ½ cup homemade potato salad ½ cup health salad 6" whole wheat tortilla 1/2 mandarin oranges	<b>SPINACH SALAD TOPPED WITH EGG SALAD</b> (3 whole eggs EP in egg salad, 2 cups fresh spinach, 1 oz red peppers, 0.5oz red onion, 1oz FF Italian dressing) ½ cup marinated beet salad ½ cup marinated dill cucumber salad 1.5oz WW roll, pc marg ½ cup peaches	<b>CHICKEN TACO SALAD</b> (2oz chicken, 0.5oz cheddar cheese, 1/8c black beans, 2 cups romaine lettuce, 1oz FF ranch) ½ cup corn & pepper salsa ½ cup marinated tomato salad 1.5oz WW roll, pc marg ½ cup berry applesauce	<b>TURKEY &amp; CHEESE SANDWICH</b> (2oz turkey, 1oz American cheese, 2oz WW Hamburger bun)  Lettuce leaf, 2 tomato slices ½ cup marinated broccoli salad ½ cup carrot and raisin salad Fresh Apple	<b>GRILLED CHICKEN SALAD W CRAISINS &amp; ALMONDS</b> (3oz EP chicken, 1 T craisins, 1 T almonds, 2 cups romaine lettuce, 1oz Raspberry vinaigrette) ½ cup macaroni salad ½ cup marinated carrot salad 1 oz WW bread, pc marg 1oz sugar cookie
23	24	25	26	27
<b>SEAFOOD SALAD PLATTER W CHEESE</b> (3oz EP surimi, 1 oz cheddar cheese)  ½ cup marinated tomato and white bean ½ cup marinated cucumber and onion salad 1.5oz WW roll, margarine ½ cup pineapples	<b>TUNA SALAD PLATTER</b> (3oz EP Tuna)  Lettuce leaf, 2 slices tomato ½ cup lentil tomato & onion salad ½ cup marinated broccoli salad 1.5oz whole wheat roll, pc marg 1.5oz carrot raisin muffin	<b>CHEF SALAD</b> (1oz turkey ham, 1oz turkey, 1oz Swiss cheese, 2 cups romaine, 1oz cucumber, 1oz diced tomato, 1oz FF 1000 island drg) ½ cup macaroni salad ½ cup marinated green bean salad 1.5oz WW roll, pc marg Fresh Orange	<b>VEGETABLE PASTA SALAD WITH CHICKEN</b> (1/2 cup vegetable pasta salad, 2oz EP chicken, ¼ c white beans) ½ cup marinated summer salad (peppers, tomato, cucumber, onions) ½ cup pineapples 1 slice whole wheat bread, pc margarine ½ cup berry applesauce	<b>GARDEN SALAD W CHICKEN</b> (2oz EP chicken, 1 HB egg, 0.5oz shredded cheese, 2 cups romaine, 2 pkt low sodium, low fat Italian dressing) ½ cup tomato and cucumbers ½ cup cold couscous w peppers 1 slice WW bread, pc margarine ½ cup pears
30	31			
<b>TURKEY &amp; CHEESE SANDWICH</b> (2oz turkey, 1oz American cheese, 2oz WW Hamburger bun)  Lettuce leaf, 2 tomato slices ½ cup marinated broccoli salad ½ cup carrot and raisin salad Fresh Apple	<b>TURKEY HAM &amp; SWISS PITA</b> (1.5oz EP turkey ham, 1.5oz Swiss cheese, ½ WW pita)  Lettuce leaf, 2 tomato slices ½ cup potato salad ½ cup 3 bean salad ½ cup applesauce			

**BUCKS COUNTY ALTERNATE - JUNE 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		<b>GRILLED CHICKEN SALAD W CRAISINS &amp; ALMONDS</b> (3oz EP chicken, 1 T craisins, 1 T almonds, 2 cups romaine lettuce, 1oz Raspberry vinaigrette) ½ cup macaroni salad ½ cup marinated carrot salad 1 oz WW bread, pc marg 1.5oz cranberry muffin	<b>TURKEY ON WHOLE WHEAT</b> (3oz EP turkey, 2 slices WW bread) Lettuce leaf, 2 slices tomato ½ cup Cole slaw ½ cup chickpea, peppers, tomatoes, and onion salad ½ c fruit cocktail	<b>ASIAN CHICKEN SALAD</b> (3oz EP chicken, 2 cups romaine lettuce, 1 oz chow Mein noodles, 1oz Asian dressing) ½ cup cold sesame noodle salad ½ cup marinated cucumber and carrot salad 1.5oz WW roll, pc marg ½ cup mandarin oranges
6	7	8	9	10
<b>SEAFOOD SALAD PLATTER W CHEESE</b> (3oz EP surimi, 1 oz cheddar cheese) ½ cup marinated tomato and white bean ½ cup marinated cucumber and onion salad 1.5oz WW roll, margarine Fresh orange	<b>HONEY MUSTARD SLICED CHICKEN WRAP</b> (3oz EP chicken, 1 T Honey mustard ) Lettuce leaf, 2 slices tomato ½ cup Greek orzo salad (orzo, tomato, cucumber, chickpeas, olives) ½ cup marinated carrot & cauliflower salad 6" whole wheat tortilla ½ cup pineapples	<b>TUNA NICOISE SALAD</b> (2oz EP flaked tuna/no mayo, 1 whole egg, 2 cup romaine lettuce, 0.5oz red onion, 0.5oz olives, 2 pkts LSLF Italian dressing) ½ cup marinated green bean salad ½ cup potato salad 1.5oz whole wheat roll, pc marg Fresh Apple	<b>GARDEN SALAD W CHICKEN</b> (2oz EP chicken, 1 HB egg, 0.5oz shredded cheese, 2 cups romaine, 2 pkt low sodium, low fat Italian dressing) ½ cup tomato and cucumbers ½ cup cold couscous w peppers 1 slice WW bread, pc margarine ½ cup cinnamon applesauce	<b>ROAST BEEF CAESAR SALAD</b> (3oz EP roast beef, 1/2 whole HB egg, 2 cups romaine lettuce, 1 T croutons, 1oz Caesar dressing) ½ cup homemade pasta salad ½ cup marinated tomato basil salad 1 oz WW bread, pc marg chocolate chip cookie
13	14	15	16	17
<b>CHICKEN SALAD WRAP</b> (3oz EP chicken) Lettuce leaf, 2 slices tomato ½ cup homemade potato salad ½ cup health salad 6" whole wheat tortilla 1/2 mandarin oranges	<b>SPINACH SALAD TOPPED WITH EGG SALAD</b> (3 whole eggs EP in egg salad, 2 cups fresh spinach, 1 oz red peppers, 0.5oz red onion, 1oz FF Italian dressing) ½ cup marinated beet salad ½ cup marinated dill cucumber salad 1.5oz WW roll, pc marg ½ cup peaches	<b>CHICKEN TACO SALAD</b> (2oz chicken, 0.5oz cheddar cheese, 1/8c black beans, 2 cups romaine lettuce, 1oz FF ranch) ½ cup corn & pepper salsa ½ cup marinated tomato salad 1.5oz WW roll, pc marg ½ cup berry applesauce	<b>TURKEY &amp; CHEESE SANDWICH</b> (2oz turkey, 1oz American cheese, 2oz WW Hamburger bun) Lettuce leaf, 2 tomato slices ½ cup marinated broccoli salad ½ cup carrot and raisin salad Fresh Apple	<b>GRILLED CHICKEN SALAD W CRAISINS &amp; ALMONDS</b> (3oz EP chicken, 1 T craisins, 1 T almonds, 2 cups romaine lettuce, 1oz Raspberry vinaigrette) ½ cup macaroni salad ½ cup marinated carrot salad 1 oz WW bread, pc marg 1oz sugar cookie
20	21	22	23	24
<b>SEAFOOD SALAD PLATTER W CHEESE</b> (3oz EP surimi, 1 oz cheddar cheese) ½ cup marinated tomato and white bean ½ cup marinated cucumber and onion salad 1.5oz WW roll, margarine ½ cup pineapples	<b>TUNA SALAD PLATTER</b> (3oz EP Tuna) Lettuce leaf, 2 slices tomato ½ cup lentil tomato & onion salad ½ cup marinated broccoli salad 1.5oz whole wheat roll, pc marg 1.5oz carrot raisin muffin	<b>CHEF SALAD</b> (1oz turkey ham, 1oz turkey, 1oz Swiss cheese, 2 cups romaine, 1oz cucumber, 1oz diced tomato, 1oz FF 1000 island drg) ½ cup macaroni salad ½ cup marinated green bean salad 1.5oz WW roll, pc marg Fresh Orange	<b>VEGETABLE PASTA SALAD WITH CHICKEN</b> (1/2 cup vegetable pasta salad, 2oz EP chicken, ¼ c white beans) ½ cup marinated summer salad (peppers, tomato, cucumber, onions) ½ cup pineapples 1 slice whole wheat bread, pc margarine ½ cup berry applesauce	<b>GARDEN SALAD W CHICKEN</b> (2oz EP chicken, 1 HB egg, 0.5oz shredded cheese, 2 cups romaine, 2 pkt low sodium, low fat Italian dressing) ½ cup tomato and cucumbers ½ cup cold couscous w peppers 1 slice WW bread, pc margarine ½ cup pears
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