

August Lunches



	S	M	T	W	T	F	S
2 L A S T S	30 Yogurt parfait	31 Grilled veggie panini	28 	29 		31 	1 Couscous chickpea salad
	2 Smoked salmon tortilla roll-ups	3 Watermelon & feta salad	4 Gazpacho	5 Antipasto snack box	6 Mini frittatas	7 Avocado egg salad sandwich	8 Cottage cheese bowl with fresh fruit
	9 Cobb salad	10 Grilled chicken wrap with avocado	11 BLT sandwich	12 Ham and cheese tortilla wrap	13 Greek salad	14 Chicken salad sandwich	15 Grilled chicken quinoa bowl
	16 Club sandwich	17 Taco salad	18 Southwest veggie wrap	19 Smoked salmon bagel sandwich	20 Mezze box (hummus, pita, olives, veggies)	21 Caprese sandwich	22 PB&J sandwich
	23 Falafel wrap	24 Grilled salmon rice bowl	25 Spinach berry salad	26 Romaine salad with feta and walnuts	27 Quesadilla with guacamole	28 Bean & cheese burrito	29 Sweet chili chicken wrap