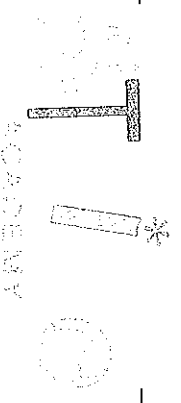


JAN. 2012



HEALTHY EX-PRESS

Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6
	HAM & TURKEY SUB CHEDDAR PASTA FRUIT	CHICKEN SALAD WRAP PASTA SALAD MIXED VEGGIES	HAM SUB BROCCOLI SLAW FRUIT	CHICKEN CEASARS WRAP CHIPS LEMON PUDDING
9	10	11	12	13
HAM SUB BAKED BEANS HARVEST CHIPS FRUIT	CHICKEN BREAST SUB POTATO SALAD FRUIT	ROAST BEEF SUB POTATO SALAD FRUIT	HAMBURGER -BUN VEGGIE SALAD FRUIT	TURKEY WRAP CHIPS PUDDING
16	17	18	19	20
	CHEF SALAD BREAD STIX APPLE	TURKEY WRAP WHITE RICE GREEN BEANS FRUIT	HAM & TURKEY SUB TORTELLINI MAN. ORANGES	SAUSAGE & EGG WRAP CHIPS FRUIT
23	24	25	26	27
CHILI DOG HARVEST CHIPS APPLE	CHICKEN SALAD WRAP PASTA SALAD FRUIT	HAM SUB BROCCOLI SLAW APPLE	TURKEY FOCCIA CORN FRUIT	TURKEY WRAP CHIPS CHOC. PUDDING
30	31			
HAM & TURKEY SUB PASTA SALAD FRUIT	ROAST BEEF SUB POTATO SALAD FRUIT			