

## Fortress Lunch Menu – Week 1

<b>Celebrate Mexico's Culinary Influence</b>				
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<b>Chef Michael Demonstrates</b>	Salsa Making			
<b>Hot Lunch</b>	Beverage Mexican Chili Salsa Fresh Fruit on a skewer			
<b>Cold or Box Lunch</b>		Beverage Chicken Burrito Taco Chips with salsa Cookie	Beverage Chorizo Salad in Edible Bowl Corn Chips Fruit	Beverage Mexican Tortas (chicken) Chipotle Mayonnaise Mexican Brownie
<b>Snack</b>	Water Fresh Fruit	Water PB&J Tortilla roll-up	Water String Cheese	Water Celery with Peanut Butter
<b>Nutrition Facts &amp; Recipes</b>				
<p><b>Nutrition Facts:</b> Healthy eating can help individuals achieve and maintain a healthy body weight, consume important nutrients, and reduce the risk of developing health conditions like: High blood pressure, Heart disease and Diabetes</p>		<p><b>Salsa: (Pico de Gallo)</b> Tomato – diced Onion – finely chopped Jalapeno ½ - seeded and chopped Cilantro – chopped Green Onion – finely chopped Garlic Powder, Salt &amp; Pepper to taste <b>In a bowl combine all ingredients together and serve</b></p>		