







# Middle School Lunch Menu

Week 4  
January 30 – February 3

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.







Daily milk choices include skim white, 1% white, and 1% chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Favorite Comfort Foods &amp; International Flavors Served Your Way in a Portable Bowl</p> <p>1.80</p>	<p>BACKYARD BBQ BOWL:</p> <p>Honey BBQ Chicken</p> <p>Cheddar Potato Strips</p> <p>Corn on the Cob</p> <p>Seasoned Collard Greens</p> <p>Warm Breadstick</p> <p>Honey BBQ Sauce</p> <p>Fresh Chopped Green Onion</p>	<p>FIESTA POTATO BOWL:</p> <p>Spicy Mexican Beef</p> <p>Whole Baked Potato</p> <p>Steamed Broccoli Cuts</p> <p>Southwest Corn &amp; Black Bean Salad</p> <p>Homemade Corn Bread or Whole Grain Dinner Roll</p> <p>Homemade Cheddar Cheese Sauce</p> <p>Fresh Shredded Carrot</p>	<p>AMERICAN DINER BOWL:</p> <p>Meat Loaf</p> <p>Mashed Potatoes</p> <p>Seasoned Green Beans</p> <p>Seasoned Mixed Veggies</p> <p>Whole Grain Dinner Roll</p> <p>Homemade Brown Gravy</p> <p>Green Parsley Flakes</p>	<p>CAJUN RICE BOWL:</p> <p>Savory Crumbled Sausage, Diced Ham</p> <p>Cajun Brown Rice</p> <p>Warm Baked Apple Slices</p> <p>Fresh Baked Biscuit</p> <p>Spicy Tomato Sauce</p> <p>Fresh Chopped Green Onion</p>	<p>ITALIAN PASTA BOWL:</p> <p>Italian Marinated Chicken</p> <p>Fettuccini</p> <p>Roasted Italian Vegetables Made w/ Fresh Locally Grown Zucchini &amp; Green Peppers</p> <p>Garlic Twist</p> <p>Creamy Roasted Garlic Sauce or Red Marinara Sauce</p> <p>Roma Herb Seasoning Blend</p>
 <p>Spicy Chicken Sandwiches Available M-W-F Chicken Sandwiches Available T-TH</p> <p>\$1.85</p>	<p>Turkey Corn Dog Nuggets</p> <p>Salsa and Bean Dip with WG Corn Chips</p> <p>Pressed Beef &amp; Bean Burrito</p> <p>Fresh Locally Grown Corn on the Cob</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>	<p>Breaded Chicken Tenders with Biscuit</p> <p>Lean Beef Burger with Cheese</p> <p>Chicken &amp; Cheese Quesadilla</p> <p>Roma Herb Potato Wedges</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>	<p>BLT Burger on Whole Wheat Bun</p> <p>Chicken Nuggets w/Whole Grain Biscuit</p> <p>Toasted Mozzarella &amp; Pepperoni on Whole Wheat</p> <p>Seasoned Mixed Veggies</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>	<p>BBQ Chicken on a Whole Wheat Bun</p> <p>Grilled turkey Club Sandwich on Whole Wheat</p> <p>Chicken Pesto Panini</p> <p>Warm Baked Apple Slices</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>	<p>Chicken Parmesan Wrap</p> <p>Southern BBO Meatloaf Sandwich</p> <p>Turkey &amp; Swiss Panini</p> <p>Roasted Italian Vegetables</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Fresh Baked Daily</p> <p>\$2.40</p>	<p>Pepperoni Pizza on Whole Grain Crust</p> <p>Margarita Flatbread</p>	<p>Chicken Florentine Flatbread</p> <p>Triple Decker Bean Tostada</p>	<p>Cheese Stuffed Breadsticks with Dipping Sauce</p> <p>Pepperoni Pizza on Whole Grain Crust</p>	<p>Ham &amp; Cheese Hot Pocket w/ Tomato Dipping Sauce</p> <p>Chicken Bruschetta Pizza</p>	<p>BBO Chicken Pizza on Whole Grain Crust</p> <p>Grilled Veggie Pizza on Whole Grain Crust</p>
 <p>Cold Sandwiches &amp; Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps &amp; Assorted Homemade Bread Turkey, Ham, Chicken Salad American &amp; Pepper Jack Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers</p> <p>\$2.65</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Turkey Club Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Parisian Ham &amp; Cheese Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato &amp; Cranberry Mayo</p>	<p>Made to Order SALAD Bar</p> <p>Special: Mandarin Orange Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing &amp; Crackers</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Classic Chicken Salad Wrap</p>
 <p>Fresh Food Fast-Packaged for Grab N' Go Chef Salad offered daily</p> <p>\$2.35</p>	<p>Deli Chef Salad w/ Crackers</p> <p>Turkey Club Wrap</p> <p>Toasted Whole Wheat Bagel Chips w/ Fresh Veggies &amp; Hummus</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Cobb Salad w/ Crackers</p> <p>Parisian Ham &amp; Cheese Wrap</p> <p>Chicken Caesar Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Breaded Chicken Caesar Salad w/ Crackers</p> <p>Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato &amp; Cranberry Mayo</p> <p>Italian Hero</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Mandarin Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing</p> <p>Turkey Club Wrap</p> <p>Buffalo Chicken Salad Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Crispy Chicken Popper Salad w/ Crackers</p> <p>Grilled Chicken and Roasted Vegetables on a Kaiser Roll Made w/ Fresh Locally Grown Zucchini &amp; Green Peppers on a Kaiser Roll w/ Homemade Macaroni Salad</p> <p>Classic Chicken Salad Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>
 <p>Cold Fruit &amp; Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	<p>Homemade Coleslaw</p> <p>Caesar Romaine Salad w/ Croutons</p> <p>Chilled Pears</p> <p>Fresh Orange Wedges</p>	<p>Caesar Romaine Side Salad w/ Croutons</p> <p>Southwest Corn &amp; Black Bean Salad</p> <p>Fresh Local Apples</p> <p>Chilled Peaches</p>	<p>Homemade Coleslaw</p> <p>Tossed Salad w/ Light Dressing</p> <p>Fruit Crisp</p> <p>Chilled Mandarin Oranges</p>	<p>Marinated Tomato &amp; Cucumber Salad Made w/ Locally Grown Cucumbers &amp; Tomatoes</p> <p>Tossed Salad w/ Light Dressing</p> <p>Chilled Pineapples</p> <p>Fresh Banana</p>	<p>Homemade Coleslaw</p> <p>Carrot Sticks</p> <p>Fruit Crisp</p> <p>Chilled Applesauce</p>

# Middle School Lunch Menu

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, 1% white, and 1% chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Favorite Comfort Foods &amp; International Flavors Served Your Way in a Portable Bowl</p> <p><b>\$1.85</b></p>	<p><b>SWEET N SOUR CHICKEN BOWL:</b></p> <p>Popcorn Chicken</p> <p>Oriental Fried Rice</p> <p>Roasted Red and Green Bell Peppers</p> <p>Slir Fry Vegetables</p> <p>Crunchy Asian Topping</p> <p>Whole Grain Dinner Roll</p> <p>Sweet N Sour Sauce</p> <p>Fresh Chopped Green Onion</p>	<p><b>ITALIAN PASTA BOWL:</b></p> <p>Bow Tie Pasta</p> <p>Shredded Part Skim Mozzarella</p> <p>Steamed Broccoli</p> <p>Whole Wheat Toasted Garlic Bun</p> <p>Red Marinara Sauce with Meatballs</p> <p>Creamy Roasted Garlic Sauce</p> <p>Roma Herb Seasoning Blend</p>	<p><b>BREAKFAST BOWL:</b></p> <p>Whole Wheat Waffle Sticks</p> <p>Turkey Sausage Patty</p> <p>Sweet Potato Fries</p> <p>Warm Apple Slices</p> <p>Warm Maple Syrup</p>	<p><b>ORANGE GINGER CHICKEN BOWL:</b></p> <p>Popcorn Chicken</p> <p>Steamed Brown Rice</p> <p>Fresh Steamed Broccoli</p> <p>Fresh Slir Fry Vegetables</p> <p>Sesame Breadstick</p> <p>Homemade Orange Ginger Sauce</p> <p>Chopped Green Onion</p>	<p><b>CHICKEN PARM BOWL:</b></p> <p>Breaded Chicken Cutlet</p> <p>Seasoned Pasta</p> <p>Seasoned Mixed Veggies</p> <p>Roasted Italian Butternut Squash</p> <p>Fresh Baked Breadstick</p> <p>Red Marinara Sauce</p> <p>Shredded Part Skim Mozzarella</p>
 <p>Spicy Chicken Sandwiches Available M-W-F</p> <p>Chicken Sandwiches Available T-TH</p> <p><b>\$1.85</b></p>	<p>Buffalo Chicken Slyders</p> <p>Lean Beef Burger with Cheese on Whole Wheat Bun</p> <p>Grilled Reuben on Rye</p> <p>Roma Herb Potato Wedges</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>	<p>Jalapeno Turke Burger on Whole Wheat Bun</p> <p>Stromboli Grinder</p> <p>Pizza Panini Wrap</p> <p>Steamed Broccoli</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>	<p>Breaded Chicken Tenders w/ Biscuit</p> <p>Pulled Pork on Whole Wheat Bun</p> <p>Toasted Italian Meatball Hero</p> <p>Green Beans</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>	<p>Salsa Chicken Wrap</p> <p>Grilled BBQ Chicken on Whole Wheat Bun</p> <p>Cobb Panini</p> <p>Fresh Broccoli w/ Shredded Cheese</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>	<p>Cheese Steak Sandwich</p> <p>Roast Turkey Pita Pocket</p> <p>Cheese Quesadilla</p> <p>Roma Herb Potato Wedges</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Fresh Baked Daily</p> <p><b>\$2.40</b></p>	<p>Pepperoni Pizza on Whole Grain Crust</p> <p>Pizza w/Roasted Italian Vegetables</p>	<p>Cheeseburger Flatbread</p> <p>Pepperoni Pizza on Whole Grain Crust</p>	<p>Italian Stromboli w/ Tomato Dipping Sauce</p> <p>Hot Dog Twist</p>	<p>Hawaiian Pizza on Whole Grain Crust</p> <p>Whole Wheat Pizza Dunkers w/Shredded Cheese &amp; Tomato Dipping Sauce</p>	<p>Cheese Fingers Rip &amp; Dip</p> <p>Red Hot Chicken Pizza on Whole Grain Crust</p>
 <p>Cold Sandwiches &amp; Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps &amp; Assorted Homemade Bread</p> <p>Turkey, Ham, Chicken Salad</p> <p>American &amp; Pepper Jack Cheese</p> <p>Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers</p> <p><b>\$2.65</b></p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Chicken Caesar Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Santa Fe Turkey and Cheddar Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Classic Chicken Salad on Whole Wheat w/ Lettuce &amp; Tomato</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Roast Beef Wrap w/ Golden Honey Mustard</p>	<p>Made to Order SALAD Bar</p> <p>Special: Asian Six Treasure Chicken Salad w/ Homemade Sweet N Sour Dressing &amp; Whole Wheat Roll</p> <p>Peachy Yogurt Parfait</p>
 <p>Fresh Food Fast-Packaged for Grab N' Go</p> <p>Chef Salad offered daily</p> <p><b>\$2.35</b></p>	<p>Garden Cheese Salad w/ Crackers</p> <p>Chicken Caesar Wrap w/ Homemade Macaroni Salad</p> <p>Tuna Salad Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Chunky Tuna Salad w/ Crackers</p> <p>Santa Fe Turkey and Cheddar Wrap</p> <p>Italian Hero</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Catalina Turkey Club Salad w/ Crackers</p> <p>Classic Chicken Salad on Whole Wheat w/ Lettuce &amp; Tomato</p> <p>Little Italy Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Crispy Chicken Popper Salad w/ Crackers</p> <p>Roast Beef Wrap w/ Golden Honey Mustard</p> <p>Cottage Cheese, Crackers, &amp; Fruit Combo</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Breaded Chicken Caesar Salad w/ Whole Wheat Dinner Roll</p> <p>Asian Six Treasure Chicken Salad w/ Homemade Sweet N Sour Dressing &amp; Whole Wheat Roll</p> <p>Turkey Club Bagel Sandwich</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>
 <p>Cold Fruit &amp; Vegetable Bar Offered Daily</p> <p>Featuring fresh seasonal produce including local items as available</p>	<p>Fruit Goop</p> <p>Crunchy Spinach Salad</p> <p>Chilled Pears</p> <p>Fresh Orange Wedges</p>	<p>Carrot Sticks</p> <p>Homemade Coleslaw</p> <p>Fruit Goop</p> <p>Chilled Mixed Fruit</p>	<p>Tossed Salad w/ Light Dressing</p> <p>Pelite Bananas</p> <p>Chilled Applesauce</p> <p>Carrot Sticks</p>	<p>Caesar Romaine Side Salad w/Croutons</p> <p>Chilled Pineapple</p> <p>Veggie Crudites Cup</p> <p>Fruit Goop</p>	<p>Fresh Apple</p> <p>Apple Salad Made w/ Fresh Local Apples</p> <p>Caesar Romaine Side Salad w/ Croutons</p> <p>Celery Sticks</p>

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she had been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington D.C. 20250.

# Middle School Lunch Menu

Week 1  
February 13 - 17

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.







Daily milk choices include skim white, 1% white, and 1% chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Favorite Comfort Foods &amp; International Flavors Served Your Way in a Portable Bowl</p> <p><b>\$1.85</b></p>	<p>ITALIAN PASTA BOWL:</p> <p>Bow Tie Pasta Shredded Part Skim Mozzarella</p> <p>Steamed Broccoli Butternut Squash</p> <p>Whole Wheat Toasted Garlic Bun</p> <p>Red Marinara Sauce w/Mealballs Creamy Roasted Garlic Sauce</p> <p>Roma Herb Seasoning Blend</p>	<p>ORANGE GINGER CHICKEN BOWL:</p> <p>Popcorn Chicken</p> <p>Steamed Brown Rice</p> <p>Seasoned Carrots</p> <p>Fresh Stir Fry Veggies</p> <p>Sesame Breadstick</p> <p>Homemade Orange Ginger Sauce</p> <p>Chopped Green Onion</p>	<p>BACKYARD BBQ BOWL:</p> <p>Fresh Roasted Southern Style BBQ Pork</p> <p>Cinnamony Sweet Potatoes</p> <p>Seasoned Green Beans</p> <p>Fresh Baked Biscuit</p> <p>Honey BBQ Sauce</p> <p>Chopped Green Onion</p>	<p>SAUCY CHICKEN BOWL:</p> <p>Pineapple Glazed Chicken</p> <p>Mashed Potatoes</p> <p>Seasoned Mixed Veggies</p> <p>Whole Grain Dinner Roll</p> <p>Pineapple Glaze Honey BBQ Sauce</p> <p>Green Parsley</p>	<p>SIZZLING TACO SALAD BOWL:</p> <p>Spicy Taco Meat</p> <p>Whole Grain Tortilla Shell Rounds</p> <p>Mexican Corn</p> <p>Warm Baked Apple Slices</p> <p>Cinnamon Breadstick</p> <p>Homemade Creamy Cilantro Lime Dressing</p> <p>Fresh Roasted Tomato Salsa</p>
<p>Spicy Chicken Sandwiches Available M-W-F Chicken Sandwiches Available T-TH</p> <p><b>\$1.85</b></p>	<p>Buffalo Chicken Sandwich</p> <p>Lean Beef Burger with Cheese</p> <p>Ham &amp; Cheese Panini</p> <p>Roma Herb Potato Wedges</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>	<p>Salsa Chicken Wrap</p> <p>Grilled Ham and Cheese on Whole Wheat Bread</p> <p>Pressed Beef &amp; Bean Burrito</p> <p>Broccoli w/ Shredded Cheddar Cheese</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>	<p>Turkey &amp; Cheese Bagel Melt</p> <p>Jalapeno Turkey Burger on Whole Wheat Bun</p> <p>Chicken Pesto Panini</p> <p>Cinnamony Sweet Potatoes</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>	<p>Fish Sandwich with Cheese on a Whole Wheat Bun (Sustainable Seafood)</p> <p>Mealball Sub</p> <p>Turkey &amp; Swiss Flatbread</p> <p>Mixed Veggies</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>	<p>Chicken Parm Wrap</p> <p>Grilled Turkey and Cheese on Whole Wheat Bread</p> <p>Chicken &amp; Cheese Quesadilla</p> <p>Warm Baked Apple Slices</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Fresh Baked Daily</p> <p><b>\$2.40</b></p>	<p>Buffalo Chicken Pizza on Whole Grain Crust</p> <p>Margarita Flatbread</p>	<p>Whole Wheat Pizza Dunkers w/ Shredded Cheese &amp; Tomato Dipping Sauce</p> <p>Pepperoni Pizza on Whole Grain Crust</p>	<p>Italian Chicken Hot Croissant</p> <p>Veggie Lover's Pizza on Whole Grain Crust</p>	<p>Pepperoni Pizza on Whole Grain Crust</p> <p>Triple Decker Bean Tostados w/Salsa</p>	<p>Chicken Florentine Flatbread</p> <p>Philly Cheese Steak Pizza on Whole Grain Crust</p>
<p>Cold Sandwiches &amp; Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps &amp; Assorted Homemade Bread Turkey, Ham, Chicken Salad American &amp; Pepper Jack Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers</p> <p><b>\$2.65</b></p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Triple Decker Turkey Club on Whole Wheat</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Neapolitan Hero w/ Balsamic Vinaigrette</p>	<p>Made to Order SALAD Bar</p> <p>Special: Buffalo Style Chicken Salad and Homemade Ranch Dressing</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Peanut Butter and Apple Whole Wheat Roll Ups</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Turkey &amp; Swiss Ciabatta w/ Dijon Mustard</p>
<p>Fresh Food Fast-Packaged for Grab N' Go Chef Salad offered daily</p> <p><b>\$2.35</b></p>	<p>Garden Cheese Salad w/ Crackers</p> <p>Triple Decker Turkey Club on Whole Wheat</p> <p>Ham &amp; Cheese on a Kaiser Roll</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Oriental Chicken Salad w/ Crunchy Asian Topping</p> <p>Neapolitan Hero w/ Balsamic Vinaigrette &amp; Vegetable Pasta Salad</p> <p>Chicken Caesar Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Breaded Chicken Caesar Salad w/ Croutons</p> <p>Buffalo Style Chicken Salad w/ Toasted Flatbreads &amp; Homemade Ranch Dressing</p> <p>Santa Fe Turkey and Cheddar Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Catalina Turkey Club Salad w/ Crackers</p> <p>Peanut Butter and Apple Whole Wheat Roll Ups</p> <p>Italian Hero</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Deli Chef Salad w/ Crackers</p> <p>Turkey and Swiss Ciabatta w/Dijon Mustard</p> <p>Buffalo Chicken Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>
<p>Cold Fruit &amp; Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	<p>Tossed Salad w/ Light Dressing</p> <p>Pelite Bananas</p> <p>Chilled Mixed Fruit</p> <p>Carrot Sticks</p>	<p>Vegetable Pasta Salad</p> <p>Chilled Pineapples</p> <p>Carrot Sticks</p> <p>Chilled Peaches</p>	<p>Tossed Salad w/Light Dressing</p> <p>Fresh Local Apples</p> <p>Chilled Pears</p> <p>Vegetable Pasta Salad</p>	<p>Spinach Romaine Salad w/Strawberries</p> <p>Chilled Fruit Crisp</p> <p>Fresh Bananas</p> <p>Carrot Sticks</p>	<p>Tossed Salad w/ Light Dressing</p> <p>Fresh Orange Wedges</p> <p>Vegetable Pasta Salad</p> <p>Crunchy Spinach Salad</p>

# Middle School Lunch Menu

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, 1% white, and 1% chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Favorite Comfort Foods &amp; International Flavors Served Your Way in a Portable Bowl</p> <p><b>\$1.85</b></p>	<p><b>NORTHEAST ASIAN RICE BOWL:</b></p> <p>Korean Braised Ribbies</p> <p>Steamed Brown Rice</p> <p>Fresh Carrots &amp; Onions</p> <p>Bok Choy with Garlic and Ginger</p> <p>Crunchy Asian Topping</p> <p>Garlic Sesame Sauce</p> <p>Fresh Chopped Green Onion</p>	<p><b>MASHED POTATO BOWL:</b></p> <p>Breaded Popcorn Chicken</p> <p>Mashed Potatoes</p> <p>Seasoned Corn</p> <p>Roasted Carrot Fries</p> <p>WG Bread Stick</p> <p>Homemade Chicken Gravy</p> <p>Fresh Shredded Carrot</p>	<p><b>NACHO BOWL:</b></p> <p>Spicy Turkey Taco Meat</p> <p>Whole Grain Corn Tortilla Shell Rounds</p> <p>Corn &amp; Black Bean Salad</p> <p>Cinnamon Breadstick</p> <p>Homemade Cheese Sauce</p>	<p><b>AMERICAN DINER BOWL:</b></p> <p>Roast Turkey w/ Gravy</p> <p>Bread Stuffing Made w/ Whole Wheat</p> <p>Mashed Sweet Potatoes</p> <p>Seasoned Green Beans</p> <p>Whole Grain Dinner Roll</p> <p>Homemade Turkey Gravy</p> <p>Cranberry Sauce</p>	<p><b>ITALIAN PASTA BOWL:</b></p> <p>Saucy Italian Meatballs</p> <p>Curly Rotini Pasta</p> <p>Fresh Steamed Veggie Medley</p> <p>Toasted Whole Grain Garlic Bun</p> <p>Red Marinara Sauce</p> <p>Roma Herb Seasoning Blend</p>
 <p>Spicy Chicken Sandwiches Available M-W-F Chicken Sandwiches Available T-TH</p> <p><b>\$1.85</b></p>	<p>Hot Chili Burger w/ Monterey Jack</p> <p>Chicken Cordon Bleu on WW</p> <p>Toasted Meatball Parmesan Panini</p> <p>Broccoli w/ Shredded Cheese</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>	<p>Whole Grain Breaded Chicken Corn Dog Nuggets w/ Biscuit</p> <p>Roast Beef and Cheese Wrap</p> <p>Turkey Bacon Ranch Flatbread</p> <p>Roasted Carrot Fries</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>	<p>Pizza Burger on a Whole Wheat Bun</p> <p>Chicken Snack Wrap</p> <p>Toasted Mozzarella &amp; Pepperoni on Whole Wheat</p> <p>Baked Potato</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>	<p>Breaded Chicken Parm Sandwich</p> <p>Country Skillet Breakfast Wrap</p> <p>Ham &amp; Cheese Panini</p> <p>Green Beans</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>	<p>Turkey Wrap</p> <p>Cheese Quesadilla with Yogurt Salsa</p> <p>Philly Cheese Steak</p> <p>Steamed Veggie Medley</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Fresh Baked Daily</p> <p><b>\$2.40</b></p>	<p>Pepperoni Pizza on Whole Grain Crust</p> <p>Red Hot Chicken Pizza</p>	<p>Chicken Tostado Flatbread</p> <p>Whole Wheat Pizza Bagels</p>	<p>Cheese Finger Rip &amp; Dips w/ Tomato Dipping Sauce</p> <p>Hawaiian Pizza on Whole Grain Crust</p>	<p>Pepperoni Pizza on Whole Grain Crust</p> <p>Hot Taco Pocket</p>	<p>Ham &amp; cheese Stromboli</p> <p>Whole Grain Mexican Pita Pizzas</p>
 <p>Cold Sandwiches &amp; Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps &amp; Assorted Homemade Bread Turkey, Ham, Chicken Salad American &amp; Pepper Jack Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers</p> <p><b>\$2.65</b></p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Chicken Caesar Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Parisian Ham &amp; Cheese Wrap</p>	<p>Made to Order SALAD Bar</p> <p>Special: Popcorn Chicken Salad w/Homemade Spicy Dressing</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Roast Beef and Swiss on Whole Wheat Bagel with Cajun mayo</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Santa Fe Turkey &amp; Cheddar Wrap</p>
 <p>Fresh Food Fast-Packaged for Grab N' Go Chef Salad offered daily</p> <p><b>\$2.35</b></p>	<p>Deli Chef Salad w/ Crackers</p> <p>Chicken Caesar Wrap</p> <p>Ham &amp; Cheese on a Kaiser roll</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Cobb Salad w/ Crackers</p> <p>Parisian Ham &amp; Cheese Wrap</p> <p>Toasted Whole Wheat Bagel with Fresh Veggies and Hummus</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Popcorn Chicken Salad w/Homemade Spicy Dressing</p> <p>Turkey Club Wrap</p> <p>Italian Hero</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Chicken Caesar Salad w/ Croutons</p> <p>Roast Beef and Swiss on Whole Wheat Bagel with Cajun mayo</p> <p>Buffalo Chicken Salad Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Garden Cheese Salad with Crackers</p> <p>Santa Fe Turkey &amp; Cheddar Wrap</p> <p>Honey Mustard Chicken Pasta Salad</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>
 <p>Cold Fruit &amp; Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	<p>Sweet Corn Salad</p> <p>Romaine Tossed Salad</p> <p>Chilled Mixed Fruit</p> <p>Fresh Orange Wedges</p>	<p>Celery Sticks</p> <p>Carrot Sticks</p> <p>Sweet Chewy Raisins</p> <p>Fresh Pear</p>	<p>Sweet Corn Salad</p> <p>Caesar Romaine Side Salad w/ Croutons</p> <p>Fresh Local Apples</p> <p>Chilled Peaches</p>	<p>Corn &amp; Black Bean Salad</p> <p>Tossed Salad w/ Light Dressing</p> <p>Petite Bananas</p> <p>Chilled Mixed Fruit</p>	<p>Sweet Corn Salad</p> <p>Carrot Sticks</p> <p>Tossed Salad w/ Light Dressing</p> <p>Cinnamon Applesauce</p>

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, 1% white, and 1% chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Favorite Comfort Foods &amp; International Flavors Served Your Way in a Portable Bowl</p> <p><b>\$1.85</b></p>	<p>HAM DINNER BOWL:</p> <p>Baked Ham</p> <p>Cinnamon Sweet Potatoes</p> <p>Steamed Peas</p> <p>Whole Grain Dinner Roll</p> <p>Honey Mustard Glaze</p> <p>BBQ Sauce</p>	<p>MEDITERRANEAN BOWL:</p> <p>Tarragon Marinated Chicken</p> <p>Brown Veggie Rice</p> <p>Roasted Italian Vegetables</p> <p>Warm Whole Wheat Pita Bread</p> <p>Homemade Taziki Sauce</p> <p>Chopped Green Onion</p>	<p>FAJITA BOWL:</p> <p>Fajita Chicken</p> <p>Cilantro Lime Chips</p> <p>Black Beans</p> <p>Roasted Bell Peppers &amp; Onions</p> <p>Whole Grain Tortilla</p> <p>Shredded Cheddar</p> <p>Chopped Cilantro</p>	<p>MOM'S MASHED POTATO BOWL:</p> <p>Herb Roasted Chicken</p> <p>Baked Sweet Potato</p> <p>Fresh Glazed Carrots</p> <p>Sweet Peas</p> <p>Whole Wheat Toasted Garlic Bun</p> <p>Homemade Chicken Gravy</p> <p>Fresh Parsley</p>	<p>BRUNCH FOR LUNCH BOWL:</p> <p>Scrambled Eggs, Crumbled Sausage</p> <p>Herb Roasted Potatoes</p> <p>Fresh Orange Wedges</p> <p>Warm Baked Apple Slices</p> <p>Whole Wheat Pancake Warm Syrup</p> <p>Shredded Cheddar</p>
<p>Spicy Chicken Sandwiches Available M-W-F Chicken Sandwiches Available T-TH</p> <p><b>\$1.85</b></p>	<p>Whole Grain Chicken Nuggets</p> <p>Lean Beef Burger with Cheese</p> <p>Chicken Ranchero Wrap</p> <p>Golden Corn</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>	<p>Philly Cheese Steak on a Roll</p> <p>Grilled Teriyaki Turkey Sandwich on Kaiser</p> <p>Chicken &amp; Cheese Quesadilla</p> <p>Fruit Crisp</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>	<p>Alpine Swiss Burger</p> <p>Triple Decker Toasted Cheese on Whole Wheat</p> <p>Toasted Stromboli Grinder</p> <p>Roma Herb Potato Wedges</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>	<p>Breaded Popcorn Chicken w/ Toasted Garlic Bun</p> <p>Ham and American Cheese Breakfast Flatbread Fold</p> <p>Pepperoni Pizza Panini</p> <p>Sweet Peas</p> <p>Fresh Romaine &amp; Tomato</p>	<p>Greek Whole Grain Breaded Chicken Sandwich on a Whole Grain Bun</p> <p>Meatball Parmesan Pizza Wrap</p> <p>Turkey Bacon Ranch Panini</p> <p>Warm Baked Apple Slices</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Fresh Baked Daily</p> <p><b>\$2.40</b></p>	<p>Pepperoni Pizza on Whole Grain Crust</p> <p>Roasted Veggie Supreme Flatbread</p>	<p>Whole Grain Pizza Dunkers w/ Shredded Cheese &amp; Tomato Dipping Sauce</p> <p>Sausage Pizza</p>	<p>Cheese Fingers Rip and Dip w/ Tomato Dipping Sauce</p> <p>Chicken &amp; Roma Tomato Whole Grain Pita Pizza</p>	<p>Ham &amp; Cheese Hot Pocket w/ Tomato Dipping Sauce</p> <p>Pepperoni Pizza on Whole Grain Crust</p>	<p>Margherita Flatbread</p> <p>Ham &amp; Pineapple Pizza on Whole Grain Crust</p>
<p>Cold Sandwiches &amp; Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps &amp; Assorted Homemade Bread Turkey, Ham, Chicken Salad American &amp; Pepper Jack Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers</p> <p><b>\$2.65</b></p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Ham and Cheese Sub</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Buffalo Chicken Salad on Whole Wheat</p>	<p>Made to Order SALAD Bar</p> <p>Special: Monterey Ranch Chicken Salad w/ Homemade Ranch Dressing &amp; Toasted Flatbreads</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Roast Beef &amp; Swiss on WG Sub Bun w/ Golden Honey Mustard</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Santa Fe Turkey and Cheddar Wrap</p>
<p>Fresh Food Fast-Packaged for Grab N' Go Chef Salad offered daily</p> <p><b>\$2.35</b></p>	<p>Deli Chef Salad w/ Crackers</p> <p>Chicken Caesar Wrap</p> <p>Ham &amp; Cheese on a Kaiser roll</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Wild Greens Antipasto Salad w/ Dinner Roll</p> <p>Buffalo Chicken Salad on a Whole Wheat Bagel</p> <p>Chicken Caesar Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Breaded Chicken Caesar Salad w/ Croutons</p> <p>Monterey Ranch Chicken Salad w/ Homemade Ranch Dressing</p> <p>Turkey Club Bagel Sandwich</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Catalina Turkey Club Salad w/ Crackers</p> <p>Roast Beef &amp; Swiss on WG Sub Bun w/ Golden Honey Mustard</p> <p>Ham &amp; Cheese on a Kaiser Roll</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Chunky Tuna Salad w/ Crackers</p> <p>Santa Fe Turkey and Cheddar Wrap</p> <p>Italian Hero</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>
<p>Cold Fruit &amp; Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	<p>Pelite Banana</p> <p>Green Goddess Salad</p> <p>Chilled Mixed Fruit</p> <p>Mandarin Oranges</p>	<p>Fresh Local Apples</p> <p>Crunchy Spinach Salad</p> <p>Chilled Peaches</p> <p>Fruit Crisp</p>	<p>Chilled Pineapples</p> <p>Fruit Goop</p> <p>Carrot Sticks</p> <p>Sweet Chewy Raisins</p>	<p>Caesar Romaine Salad w/Croutons</p> <p>Chilled Pears</p> <p>Fresh Local Apple Salad</p> <p>Green Goddess Pasta Salad</p>	<p>Chilled Cinnamon Applesauce</p> <p>Fresh Orange Wedges</p> <p>Tossed Salad w/ Light Dressing</p> <p>Pear Raisin Salad</p>