


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 & International Flavors Served Your Way in a Portable Bowl</p> | <p>STUFFED PASTA BOWL:</p> <p>Low Fat Whole Wheat Cheese Ravioli Tricolor Cheese Tortellini Shredded Part Skim Mozzarella</p> <p>Seasoned Fresh Carrots w/ Corn</p> <p>Tossed Salad w/ Light Dressing</p> <p>Whole Wheat Toasted Garlic Bun</p> <p>Red Marinara Sauce Creamy Roasted Garlic Sauce</p> <p>Roma Herb Seasoning Blend</p> | <p>SOUTHEAST ASIAN RICE BOWL:</p> <p>Spicy Southeast Asian Chicken Curry</p> <p>Steamed White Rice Thai Red Fried Rice</p> <p>Steamed Broccoli Cuts</p> <p>Oriental Blend Veggies</p> <p>Sesame Breadstick</p> <p>Spicy Curry Sauce</p> | <p>BACKYARD BBQ BOWL:</p> <p>Barbecued Pork Ribs</p> <p>Cheesy Macaroni</p> <p>Seasoned Corn</p> <p>Confetti Coleslaw</p> <p>Honey BBQ Sauce</p> | <p>MOM'S MASHED POTATO BOWL:</p> <p>Pineapple Glazed Chicken*</p> <p>Mashed Potatoes Bread Stuffing Made w/ Whole Wheat*</p> <p>Seasoned Mixed Veggies*</p> <p>Tossed Salad w/ Light Dressing</p> <p>Pineapple Glaze</p> | <p>SIZZLING TACO SALAD BOWL:</p> <p>Spicy Taco Meat</p> <p>Whole Grain Tortilla Shell Rounds Rice & Beans</p> <p>Crisp Mixed Greens</p> <p>Warm Baked Apple Slices</p> <p>Cinnamon Breadstick</p> <p>Salsa</p> |
|  <p>Lean Beef Burgers w/ Cheese & Breaded Chicken Sandwiches Available Daily</p> | <p>Austin Steak Twister</p> <p>Seasoned Potato Wedges</p> <p>Fresh Iceberg Lettuce & Tomato</p> <p>Buffalo Chicken Pizza*</p> <p>Jamaican Beef Patty</p> <p>Tossed Salad w/ Light Dressing*</p> <p>Made to Order SANDWICH Bar</p> <p>Special: Triple Decker Turkey Club on Whole Wheat</p> | <p>Salsa Chicken Wrap</p> <p>Broccoli w/ Cheese Sauce</p> <p>Fresh Romaine Lettuce & Tomato</p> <p>Pepperoni Pizza</p> <p>Whole Wheat Pizza Dunkers w/ Shredded Cheese & Tomato Dipping Sauce</p> <p>Carrot Sticks</p> <p>Made to Order SANDWICH Bar</p> <p>Special: Neapolitan Hero w/ Balsamic Vinaigrette* & Vegetable Pasta Salad*</p> | <p>Grilled Ancho Chili Chicken & Cheddar on a Whole Wheat Bun</p> <p>Seasoned Corn</p> <p>Fresh Iceberg Lettuce & Tomato</p> <p>Veggie Lover's Pizza</p> <p>Broccoli & Cheese Calzone w/ Tomato Dipping Sauce</p> <p>Confetti Coleslaw</p> <p>Made to Order SALAD Bar</p> <p>Special: BBQ Chicken Salad w/ Toasted Flatbreads & Homemade Ranch Dressing*</p> | <p>Fish and Cheese Sandwich (Sustainable Seafood)</p> <p>Mashed Potatoes</p> <p>Fresh Iceberg Lettuce & Tomato</p> <p>Pepperoni Pizza</p> <p>Triple Decker Bean Tostados w/ Salsa</p> <p>Tossed Salad w/ Light Dressing</p> <p>Made to Order SANDWICH Bar</p> <p>Special: Honey Mustard Ham & Cheese Wrap</p> | <p>Chicken Parm Wrap*</p> <p>Warm Baked Apple Slices</p> <p>Fresh Iceberg Lettuce & Tomato</p> <p>Philly Cheesesteak Pizza</p> <p>Chicken Florentine Flatbread</p> <p>Tossed Salad w/ Light Dressing</p> <p>Made to Order SANDWICH Bar</p> <p>Special: Turkey and Cheese Wrap</p> |
|  <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</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* & Vegetable Pasta Salad*</p> | <p>Made to Order SALAD Bar</p> <p>Special: BBQ Chicken Salad w/ Toasted Flatbreads & Homemade Ranch Dressing*</p> | <p>Made to Order SANDWICH Bar</p> <p>Special: Honey Mustard Ham & Cheese Wrap</p> | <p>Made to Order SANDWICH Bar</p> <p>Special: Turkey and Cheese Wrap</p> |
|  <p>Cold Sandwiches & Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad</p> | <p>Pressed Cubano Ham Sandwich</p> <p>Tossed Salad w/ Light Dressing</p> <p>Garden Cheese Salad w/ Crackers</p> <p>Triple Decker Turkey Club on Whole Wheat</p> <p>Ham & Cheese on a Kaiser Roll</p> <p>Italian Hero</p> <p>Petite Bananas</p> <p>Sweet Chewy Raisins</p> | <p>Whole Wheat Toasted Cheese Sticks w/ Tomato Dipping Sauce</p> <p>Carrot Sticks</p> <p>Cool as A Cucumber Sesame Noodle Salad w/ Beef</p> <p>Neapolitan Hero w/ Balsamic Vinaigrette* & Vegetable Pasta Salad*</p> <p>Chicken Caesar Wrap</p> <p>Italian Hero</p> <p>Chilled Pineapples</p> <p>Carrot Sticks</p> | <p>Chicken Pesto Panini</p> <p>Confetti Coleslaw</p> <p>Breaded Chicken Caesar Salad w/ Crackers</p> <p>BBQ Chicken Salad w/ Toasted Flatbreads & Homemade Ranch Dressing*</p> <p>Santa Fe Turkey and Cheddar Wrap</p> <p>Italian Hero</p> <p>Fresh Local Apples</p> <p>Confetti Coleslaw</p> | <p>Toasted Meatball Parm Sub</p> <p>Tossed Salad w/ Light Dressing</p> <p>Catalina Turkey Club Salad w/ Crackers</p> <p>Honey Mustard Ham & Cheese Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p> <p>Italian Hero</p> <p>Veggie Pasta Salad</p> <p>Petite Bananas*</p> | <p>Whole Wheat Tuna Bagel Melts</p> <p>Tossed Salad w/ Light Dressing</p> <p>Deli Chef Salad w/ Crackers</p> <p>Peanut Butter & Apple Whole Wheat Roll Ups</p> <p>Buffalo Chicken Wrap</p> <p>Italian Hero</p> <p>Fresh Orange Wedges</p> <p>Creamy Carrot Raisin Pineapple Salad</p> |
|  <p>Fresh Food Fast-Packaged for Grab N' Go</p> | <p>Tossed Salad w/ Light Dressing*</p> <p>Petite Bananas*</p> <p>Chilled Mixed Fruit</p> <p>Carrot Sticks</p> | <p>Caesar Romaine Side Salad w/ Croutons</p> <p>Chilled Pineapples*</p> <p>Carrot Sticks</p> <p>Sweet and Sour Celery</p> | <p>Watermelon Cubes</p> <p>Fresh Local Apples</p> <p>Chilled Fruit Crisp*</p> <p>Confetti Coleslaw</p> | <p>Tossed Salad w/ Light Dressing</p> <p>Fresh Homemade Vegetable Pasta Salad</p> <p>Petite Bananas*</p> <p>Carrot Sticks</p> | <p>Tossed Salad w/ Light Dressing*</p> <p>Fresh Orange Wedges*</p> <p>Creamy Carrot Raisin Pineapple Salad</p> <p>Green Bean Salad</p> |
|  <p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p> | <p>Tossed Salad w/ Light Dressing*</p> <p>Petite Bananas*</p> <p>Chilled Mixed Fruit</p> <p>Carrot Sticks</p> | <p>Caesar Romaine Side Salad w/ Croutons</p> <p>Chilled Pineapples*</p> <p>Carrot Sticks</p> <p>Sweet and Sour Celery</p> | <p>Watermelon Cubes</p> <p>Fresh Local Apples</p> <p>Chilled Fruit Crisp*</p> <p>Confetti Coleslaw</p> | <p>Tossed Salad w/ Light Dressing</p> <p>Fresh Homemade Vegetable Pasta Salad</p> <p>Petite Bananas*</p> <p>Carrot Sticks</p> | <p>Tossed Salad w/ Light Dressing*</p> <p>Fresh Orange Wedges*</p> <p>Creamy Carrot Raisin Pineapple Salad</p> <p>Green Bean Salad</p> |

 Menu item is made w/ whole grain

 Menu item is made w/ fresh locally grown produce (actual items will vary depending on local seasonal availability)

 *Menu item is offered with the complete daily Balanced Choices® Meal

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

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|---|--|---|---|--|---|
| <p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p> | <p>NORTHEAST ASIAN RICE BOWL:</p> <ul style="list-style-type: none"> Korean Braised Ribbies Oriental Fried Rice Steamed White Rice Fresh Carrots & Onions Steamed Broccoli Cuts Crunchy Chow Mein Noodles Homemade Sesame Sauce | <p>MASHED POTATO BOWL:</p> <ul style="list-style-type: none"> Breaded Popcorn Chicken Mashed Potatoes Seasoned Collards Seasoned Mixed Veggies Chicken Gravy Fresh Shredded Carrot | <p>NACHO BOWL:</p> <ul style="list-style-type: none"> Spicy Turkey Taco Meat Cilantro Lime haBrown Rice Whole Grain Corn Tortilla Shell Rounds Southwest Beans Mexican Corn Cinnamon Breadstick Spicy Salsa Shredded Cheddar | <p>AMERICAN DINER BOWL:</p> <ul style="list-style-type: none"> Roast Turkey w/ Gravy* Rice Pilaf w/ Orzo* Sweet Potatoes* Golden Corn Seasoned Green Beans Turkey Gravy Green Parsley Flakes | <p>ITALIAN PASTA BOWL:</p> <ul style="list-style-type: none"> Saucy Italian Meatballs Classic Spaghetti Curly Rotini Pasta Seasoned Mixed Veggies Tossed Salad w/ Light Dressing Toasted Whole Grain Garlic Bun Red Marinara Sauce Roma Herb Seasoning Blend |
| <p>Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily</p> | <ul style="list-style-type: none"> Hot Chili Burger w/ Monterey Jack Broccoli w/ Cheese Sauce Fresh Iceberg Lettuce & Tomato | <ul style="list-style-type: none"> Whole Grain Breaded Chicken Corn Dog Nuggets w/ Biscuit Mashed Potatoes Fresh Iceberg Lettuce & Tomato | <ul style="list-style-type: none"> Pizza Burger on a Whole Wheat Bun* Baked Potato* Fresh Romaine Lettuce & Tomato* | <ul style="list-style-type: none"> Breaded Chicken Parm Sandwich Golden Corn Fresh Iceberg Lettuce & Tomato | <ul style="list-style-type: none"> BLT Burger Seasoned Potato Wedges Fresh Iceberg Lettuce & Tomato |
| <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p> | <ul style="list-style-type: none"> Pepperoni Pizza Red Hot Chicken Pizza Tossed Salad w/ Light Dressing | <ul style="list-style-type: none"> Chicken Tostado Flatbread* Whole Wheat Pizza Bagels Pinto or Kidney Bean Salad* | <ul style="list-style-type: none"> Hawaiian Pizza Ham & Cheese Hot Pocket w/ Tomato Dipping Sauce Caesar Romaine Side Salad w/ Croutons | <ul style="list-style-type: none"> Pepperoni Pizza Whole Grain Mexican Pita Pizzas Tossed Salad w/ Light Dressing | <ul style="list-style-type: none"> Veggie Pizza Cheese Garlic Bread Sweet Corn Salad |
| <p>Cold Sandwiches & Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad</p> | <p>Made to Order SANDWICH Bar</p> <p>Special: Whole Wheat Bagel w/ Sweet Creamy Cheese Spread</p> | <p>Made to Order SANDWICH Bar</p> <p>Special: Parisian Ham & Cheese Wrap</p> | <p>Made to Order SALAD Bar</p> <p>Special: Caribbean Chicken Salad w/ Homemade Spicy Dressing Dressing & Crackers</p> | <p>Made to Order SANDWICH Bar</p> <p>Special: Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo</p> | <p>Made to Order SANDWICH Bar</p> <p>Special: Roast Beef, Red Onion & Spicy Tomato Mayo on Multigrain Bread* w/ Homemade Vegetable Pasta Salad*</p> |
| <p>TOAST POST</p> <p>Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps Get the Panini press or the Turbo-Fast Toasted Treatment Ham and Cheese or Turkey and Cheese Panini Available Daily</p> | <ul style="list-style-type: none"> Pressed Beef & Bean Burrito w/ Cheese Tossed Salad w/ Light Dressing | <ul style="list-style-type: none"> San Francisco Melt Carrot Sticks | <ul style="list-style-type: none"> Toasted Mozzarella & Pepperoni on Whole Wheat w/ Tomato Dipping Sauce Caesar Romaine Side Salad w/ Croutons | <ul style="list-style-type: none"> Arizona Chicken Panini Tossed Salad w/ Light Dressing | <ul style="list-style-type: none"> Whole Grain Cheese Quesadillas Sweet Corn Salad |
| <p>Fresh Food Fast-Packaged for Grab N' Go</p> | <ul style="list-style-type: none"> Deli Chef Salad w/ Crackers Whole Wheat Bagel w/ Sweet Creamy Cheese Spread Ham & Cheese on a Kaiser roll Italian Hero Green Bean Salad Fresh Orange* | <ul style="list-style-type: none"> Cobb Salad w/ Crackers Parisian Ham & Cheese Wrap Chicken Caesar Wrap Italian Hero Carrot Sticks Fresh Pear* | <ul style="list-style-type: none"> Caribbean Chicken Salad w/ Homemade Spicy Dressing Turkey Club Wrap Fruit Yogurt Parfait w/ Granola Topping Italian Hero Cucumber Citrus Salad Chilled Peaches | <ul style="list-style-type: none"> Chicken Caesar Salad w/ Crackers Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo Buffalo Chicken Salad Wrap Italian Hero Sweet and Sour Celery Petite Bananas* | <ul style="list-style-type: none"> Crispy Chicken Popper Salad w/ Crackers Roast Beef, Red Onion & Spicy Tomato Mayo on Multigrain Bread* w/ Homemade Vegetable Pasta Salad* Honey Mustard Chicken Pasta Salad Italian Hero Carrot Sticks Cinnamon Applesauce |
| <p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p> | <ul style="list-style-type: none"> Green Bean Salad Tossed Salad w/ Light Dressing Chilled Mixed Fruit Fresh Orange Wedges* | <ul style="list-style-type: none"> Pinto or Kidney Bean Salad* Carrot Sticks Sweet Chewy Raisins Fresh Pears* | <ul style="list-style-type: none"> Cucumber Citrus Salad Caesar Romaine Side Salad w/ Croutons Fresh Local Apples Chilled Peaches* | <ul style="list-style-type: none"> Sweet and Sour Celery Tossed Salad w/ Light Dressing Petite Bananas* Chilled Mixed Fruit | <ul style="list-style-type: none"> Sweet Corn Salad Carrot Sticks Tossed Salad w/ Light Dressing Cinnamon Applesauce* |



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| <p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p> | <p>WET BURRITO BOWL:</p> <p>Beef & Bean Chili</p> <p>Fiesta Rice</p> <p>Golden Corn</p> <p>Shredded Lettuce & Diced Tomato</p> <p>Flour Tortilla</p> <p>Salsa</p> <p>Shredded Cheddar</p> | <p>MEDITERRANEAN BOWL:</p> <p>Tarragon Marinated Chicken</p> <p>Rice Pilaf w/ Orzo</p> <p>Roasted Tomatoes w/ Rosemary</p> <p>Tossed Salad w/ Homemade Red Bell Pepper Vinaigrette</p> <p>Warm Whole Wheat Pita Bread</p> <p>Homemade Taziki Sauce</p> <p>Chopped Green Onion</p> | <p>ASIAN LO MEIN NOODLE BOWL:</p> <p>Julienne Roast Pork*</p> <p>Lo Mein Noodles*</p> <p>Carrots & Onion*s</p> <p>Oriental Blend Veggies*</p> <p>Dinner Roll*</p> <p>Lo Mein Sauce*</p> <p>Diced Red & Green Bell Pepper*</p> | <p>MOM'S MASHED POTATO BOWL:</p> <p>Herb Roasted Chicken</p> <p>Mashed Potatoes</p> <p>Fresh Glazed Carrots</p> <p>Tossed Salad w/ Light Dressing</p> <p>Whole Wheat Toasted Garlic Bun</p> <p>Chicken Gravy</p> <p>Fresh Diced Tomatoes</p> | <p>PASTA BOWL:</p> <p>Creamy Macaroni & Cheese</p> <p>Herb Roasted Potatoes</p> <p>Steamed Broccoli</p> <p>Fruit Crisp</p> |
| <p>Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily</p> | <p>Alpine Swiss Burger</p> <p>Golden Corn</p> <p>Fresh Iceberg Lettuce & Tomato</p> | <p>Hot Ham & Cheese on a Whole Wheat Bagel</p> <p>Warm Baked Apple Slices</p> <p>Fresh Iceberg Lettuce & Tomato</p> | <p>California Cheese Steak Wrap</p> <p>Seasoned Potato Wedges</p> <p>Fresh Romaine Lettuce & Tomato</p> | <p>Breaded Popcorn Chicken w/ Toasted Garlic Bun</p> <p>Mashed Potatoes</p> <p>Fresh Iceberg Lettuce & Tomato</p> | <p>Greek Breaded Chicken Sandwich on a Whole Wheat Bun*</p> <p>Herb Roasted Potatoes</p> <p>Fresh Iceberg Lettuce & Tomato</p> |
| <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p> | <p>Pepperoni Pizza</p> <p>Roasted Veggie Supreme Flatbread</p> <p>Tossed Salad w/ Light Dressing</p> | <p>Whole Wheat Pizza Dunkers w/ Shredded Cheese & Tomato Dipping Sauce</p> <p>Meatball Parm Pizza</p> <p>Carrot Sticks</p> | <p>Chicken & Roma Tomato Whole Grain Pita Pizza</p> <p>Cheese Fingers Rip and Dip w/ Tomato Dipping Sauce</p> <p>Caesar Romaine Side Salad w/ Croutons</p> | <p>Aloha Pizza w/ Chicken & Ham*</p> <p>Turkey & Cheese Hot Pocket w/ Tomato Dipping Sauce</p> <p>Tossed Salad w/ Light Dressing*</p> | <p>White French Bread Toast</p> <p>Broccoli Topped Pizza</p> <p>Tossed Salad w/ Light Dressing</p> |
| <p>Cold Sandwiches & Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Green Goddess Pasta Salad</p> | <p>Made to Order SANDWICH Bar</p> <p>Special: Mediterranean Sandwich w/ Hummus & Feta on Whole Wheat* w/ Green Goddess Pasta Salad*</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 & Toasted Flatbreads</p> | <p>Made to Order SANDWICH Bar</p> <p>Special: Roast Beef & Swiss on Rye w/ Golden Honey Mustard</p> | <p>Made to Order SANDWICH Bar</p> <p>Special: Santa Fe Turkey and Cheddar Wrap</p> |
| <p>TOAST POST</p> <p>Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps Get the Panini press or the Turbo-Fast Toasted Treatment</p> <p>Ham and Cheese or Turkey and Cheese Panini Available Daily</p> | <p>Grilled Turkey Reuben on Rye</p> <p>Confetti Coleslaw</p> | <p>Pressed Chicken & Cheese Quesadillas</p> <p>Sweet Corn Salad</p> | <p>Buffalo Chicken Panini</p> <p>Carrot Sticks</p> | <p>Pepperoni Pizza Panini</p> <p>Tossed Salad w/ Light Dressing</p> | <p>Toasted Ham & Mozzarella on Whole Wheat</p> <p>Pear Raisin Salad</p> |
| <p>Fresh Food Fast-Packaged for Grab N' Go</p> | <p>Garden Cheese Salad w/ Crackers</p> <p>Mediterranean Sandwich w/ Hummus & Feta on Whole Wheat* w/ Green Goddess Pasta Salad*</p> <p>Cottage Cheese, Crackers, & Fruit Combo</p> <p>Italian Hero</p> <p>Confetti Coleslaw</p> <p>Pette Banana</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>Italian Hero</p> <p>Fresh Local Apples*</p> <p>Sweet Corn Salad</p> | <p>Breaded Chicken Caesar Salad w/ Crackers</p> <p>Monterey Ranch Chicken Salad w/ Homemade Ranch Dressing</p> <p>Turkey Club Bagel Sandwich</p> <p>Italian Hero</p> <p>Sweet Chewy Raisins</p> <p>Carrot Sticks</p> | <p>Catalina Turkey Club Salad w/ Crackers</p> <p>Roast Beef & Swiss on Rye w/ Golden Honey Mustard</p> <p>Ham & Cheese on a Kaiser Roll</p> <p>Italian Hero</p> <p>Chilled Pears</p> <p>Three Bean Salad</p> | <p>Chunky Tuna Salad w/ Crackers</p> <p>Santa Fe Turkey and Cheddar Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p> <p>Italian Hero</p> <p>Fresh Oranges</p> <p>Pear Raisin Salad</p> |
| <p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p> | <p>Pette Banana*</p> <p>Confetti Coleslaw</p> <p>Chilled Mixed Fruit</p> <p>Mandarin Oranges</p> | <p>Fresh Local Apples*</p> <p>Tossed Salad w/ Light Dressing</p> <p>Chilled Peaches</p> <p>Sweet Corn Salad</p> | <p>Chilled Pineapples*</p> <p>Caesar Romaine Side Salad w/ Croutons</p> <p>Carrot Sticks</p> <p>Sweet Chewy Raisins</p> | <p>Tossed Salad w/ Light Dressing*</p> <p>Chilled Pears*</p> <p>Fresh Local Apple Salad</p> <p>Three Bean Salad</p> | <p>Chilled Applesauce*</p> <p>Fresh Orange Wedges</p> <p>Tossed Salad w/ Light Dressing*</p> <p>Pear Raisin Salad</p> |



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| <p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p> | BACKYARD BBQ BOWL: Honey BBQ Chicken Homemade Macaroni Salad Homemade Potato Salad Seasoned Carrots Warm Breadstick Honey BBQ Sauce | FIESTA POTATO BOWL: Spicy Mexican Beef Whole Baked Potato Seasoned Potato Wedges Steamed Broccoli Cuts Southwest Corn & Black Bean Salad Made Homemade Corn Bread Cheddar Cheese Sauce Fresh Shredded Carrot | CAJUN RICE BOWL: Savory Crumbled Sausage, Diced Ham Cajun Brown Rice Steamed White Rice Creole Ratatouille Warm Baked Apple Slices Spicy Tomato Sauce | AMERICAN DINER BOWL: Meat Loaf* Macaroni w/ Cheese Sauce Mashed Potatoes* Stewed Tomatoes Made w/ Fresh Tomatoes Seasoned Mixed Veggies* Brown Gravy Green Parsley Flakes | ITALIAN PASTA BOWL: Seasoned Chicken Spinach Fettuccini Curly Rotini Pasta Roasted Italian Vegetables Made w/ Fresh Zucchini & Green Peppers Seasoned Green Beans Toasted Whole Grain Garlic Bun Garlic Cream Sauce, Red Marinara Sauce Roma Herb Seasoning Blend |
| <p>Lean Beef Burgers w/ Cheese & Breaded Chicken Sandwiches Available Daily</p> | Breaded Popcorn Chicken w/ Breadstick Corn Fresh Iceberg Lettuce & Tomato Pepperoni Pizza | Pizza Burger on a Whole Wheat Bun* Baked Potato* Fresh Romaine Lettuce & Tomato Broccoli Topped Pizza | Walking Taco Warm Baked Apple Slices Fresh Romaine Lettuce & Tomato* | BLT Burger Mashed Potatoes Fresh Iceberg Lettuce & Tomato Pepperoni Pizza | Breaded Chicken Del Sol Sandwich w/ Salsa & Cheddar Roasted Italian Vegetables Made w/ Fresh Zucchini & Green Peppers Fresh Iceberg Lettuce & Tomato |
| <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p> | Margherita Flatbread Green Bean Salad | Whole Wheat Pizza Bagels Caesar Romaine Side Salad w/ Croutons | Chicken Brushetta Pizza Topped w/ Fresh Tomatoes* Ham & Cheese Hot Pocket w/ Tomato Dipping Sauce Marinated Tomato & Cucumber Salad Made w/ Cucumbers & Tomatoes | Whole Grain Mexican Pita Pizzas Buttermilk Coleslaw Made w/ Fresh Cabbage | Grilled Veggie Pizza w/ Fresh Veggies Cheese Garlic Pizza Sweet Corn Salad |
| <p>Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Macaroni Salad</p> | Made to Order SANDWICH Bar Special: Triple Decker Turkey Club on Whole Wheat | Made to Order SANDWICH Bar Special: Parisian Ham & Cheese Wrap Southwest Corn & Black Bean Wrap Made w/ Fresh Corn & Tomatoes | Made to Order SALAD Bar Special: Mandarin Orange Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing & Crackers | Made to Order SANDWICH Bar Special: Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo | Made to Order SANDWICH Bar Special: Grilled Chicken and Roasted Vegetables on a Kaiser Roll Made w/ Fresh Zucchini & Green Peppers on a Kaiser Roll* w/ Homemade Macaroni Salad* |
| <p>TOAST POST Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps Get the Panini press or the Turbo-Fast Toasted Treatment Ham and Cheese or Turkey and Cheese Panini Available Daily</p> | Pressed Beef & Bean Burrito w/ Cheese Tossed Salad w/ Light Dressing | Toasted Stromboli Grinder Caesar Romaine Side Salad w/ Croutons Southwest Corn & Black Bean Salad Made w/ Fresh Corn & Tomatoes | Toasted Mozzarella & Pepperoni on Whole Wheat w/ Tomato Dipping Sauce Marinated Tomato & Cucumber Salad Made w/ Fresh Cucumbers & Tomatoes | Peppercorn Chicken Reuben Panini Buttermilk Coleslaw Made w/ Fresh Cabbage | Whole Grain Cheese Quesadillas Sweet Corn Salad |
| <p>Fresh Food Fast-Packaged for Grab N' Go</p> | Deli Chef Salad w/ Crackers Triple Decker Turkey Club on Whole Wheat Toasted Whole Wheat Bagel Chips w/ Fresh Veggies & Hummus* Italian Hero Green Bean Salad Fresh Orange* | Cobb Salad w/ Crackers Parisian Ham & Cheese Wrap Chicken Caesar Wrap Italian Hero Carrot Sticks Chilled Peaches | Mandarin Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing Turkey Club Wrap Buffalo Chicken Salad Wrap Italian Hero Marinated Tomato & Cucumber Salad Made w/ Cucumbers & Tomatoes Petite Bananas | Breaded Chicken Caesar Salad w/ Crackers Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo Fruit Yogurt Parfait w/ Granola Topping Italian Hero Buttermilk Coleslaw Made w/ Fresh Cabbage Fresh Apples | Crispy Chicken Popper Salad w/ Crackers Grilled Chicken and Roasted Vegetables on a Kaiser Roll Made w/ Fresh Zucchini & Green Peppers on a Kaiser Roll* w/ Homemade Macaroni Salad* Honey Mustard Chicken Pasta Salad Italian Hero Carrot Sticks Chilled Applesauce |
| <p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p> | Green Bean Salad Tossed Salad w/ Light Dressing Chilled Pears Fresh Orange Wedges* | Caesar Romaine Side Salad w/ Croutons Southwest Corn & Black Bean Salad Made w/ Fresh Local Corn & Tomatoes Fresh Local Apples Chilled Peaches* | Marinated Tomato & Cucumber Salad Made w/ Locally Grown Cucumbers & Tomatoes Tossed Salad w/ Light Dressing* Chilled Pineapples Fresh Pears* | Buttermilk Coleslaw Made w/ Fresh Cabbage Tossed Salad w/ Light Dressing Fruit Crisp* Chilled Mandarin Oranges | Sweet Corn Salad Carrot Sticks Chilled Pear Raisin Salad Chilled Applesauce* |

Menu item is made w/ whole grain

Menu item is made w/ fresh locally grown produce (actual items will vary depending on local seasonal availability)

*Menu item is offered with the complete daily Balanced Choices® Meal

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 & International Flavors Served Your Way in a Portable Bowl</p> | <p>SWEET N SOUR ASIAN RICE BOWL:</p> <p>Breaded Popcorn Chicken</p> <p>Oriental Fried Rice Steamed White Rice</p> <p>Fresh Carrots & Onions</p> <p>Steamed Broccoli Cuts</p> <p>Crunchy Chow Mein Noodles</p> <p>Sweet N Sour Sauce</p> <p>Fresh Chopped Green Onion</p> | <p>UPSIDE DOWN RANCHER'S PIE BOWL:</p> <p>Savory Beef w/ Vegetables*</p> <p>Mashed Potatoes*</p> <p>Warm Baked Apple Slices*</p> <p>Sweet Peas*</p> <p>Dinner Roll*</p> <p>Brown Gravy*</p> <p>Shredded Cheddar</p> | <p>CHICKEN PARM BOWL:</p> <p>Breaded Chicken Cutlet*</p> <p>Seasoned Pasta* Spinach Fettuccini</p> <p>Seasoned Mixed Veggies*</p> <p>Caesar Romaine Side Salad w/ Croutons</p> <p>Fresh Baked Breadstick</p> <p>Red Marinara Sauce*</p> <p>Shredded Part Skim Mozzarella*</p> | <p>LATIN AMERICAN ROAST PORK BOWL:</p> <p>Puerto Rican Citrus Pork</p> <p>Rice & Beans Mashed Potatoes</p> <p>Tossed Salad w/ Light Dressing</p> <p>Seasoned Green Beans</p> <p>Spicy Lime Whole Wheat Tortilla Chips</p> <p>Salsa</p> <p>Orange Slice</p> | <p>ROASTED CHICKEN BOWL:</p> <p>Cranberry Glazed Chicken</p> <p>Steamed White Rice Bread Stuffing Made w/ Whole Wheat</p> <p>Seasoned Corn</p> <p>Warm Fruit Crisp</p> <p>Cranberry Glaze</p> <p>Fresh Chopped Green Onion</p> |
| <p>Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily</p> | <p>Cheddar Onion Burger</p> <p>Broccoli w/ Cheese Sauce</p> <p>Fresh Iceberg Lettuce & Tomato</p> | <p>Hot Ham & Cheese on a Whole Wheat Bagel</p> <p>Warm Baked Apple Slices</p> <p>Fresh Iceberg Lettuce & Tomato</p> | <p>Cheese Steak Sandwich</p> <p>Sauteed Peppers & Onions</p> <p>Fresh Romaine Lettuce & Tomato</p> | <p>Breaded Chicken Tenders w/ Garlic Toast</p> <p>Mashed Potatoes</p> <p>Fresh Iceberg Lettuce & Tomato</p> | <p>Turkey Club Burger on a Whole Wheat Bun*</p> <p>Seasoned Corn*</p> <p>Warm Fruit Crisp*</p> <p>Fresh Iceberg Lettuce & Tomato</p> |
| <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p> | <p>Pepperoni Pizza</p> <p>Pizza w/ Roasted Italian Vegetables</p> <p>Tossed Salad w/ Light Dressing</p> | <p>Whole Wheat Pizza Dunkers w/ Shredded Cheese & Tomato Dipping Sauce</p> <p>Spinach Ricotta Pizza</p> <p>Carrot Sticks</p> | <p>Chicken & Roma Tomato Whole Grain Pita Pizza</p> <p>Cheese Fingers Rip and Dip</p> <p>Caesar Romaine Side Salad w/ Croutons</p> | <p>South of the Border Chicken Pizza*</p> <p>Italian Stromboli w/ Tomato Dipping Sauce</p> <p>Tossed Salad w/ Light Dressing*</p> | <p>Broccoli Topped Pizza</p> <p>Cheeseburger Flatbread</p> <p>Confetti Coleslaw</p> |
| <p>Cold Sandwiches & Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Macaroni Salad</p> | <p>Made to Order SANDWICH Bar</p> <p>Special: Chicken Caesar Wrap* w/ Homemade Macaroni Salad*</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 & Whole Wheat Roll</p> | <p>Made to Order SANDWICH Bar</p> <p>Special: Classic Chicken Salad on Whole Wheat w/ Lettuce & Tomato</p> | <p>Made to Order SANDWICH Bar</p> <p>Special: Santa Fe Turkey and Cheddar Wrap</p> |
| <p>TOAST POST</p> <p>Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps Get the Panini press or the Turbo-Fast Toasted Treatment Ham and Cheese or Turkey and Cheese Panini Available Daily</p> | <p>Grilled Turkey Reuben on Rye</p> <p>Tossed Salad w/ Light Dressing</p> | <p>Pressed Chicken & Cheese Quesadillas</p> <p>Carrot Sticks</p> | <p>Walking Taco</p> <p>Caesar Romaine Side Salad w/ Croutons</p> | <p>Cobb Panini w/ Chicken, Cheddar & Bacon</p> <p>Tossed Salad w/ Light Dressing</p> | <p>Toasted Ham & Mozzarella on Whole Wheat</p> <p>Carrot Sticks</p> |
| <p>Fresh Food Fast-Packaged for Grab N' Go</p> | <p>Garden Cheese Salad w/ Crackers</p> <p>Chicken Caesar Wrap* w/ Homemade Macaroni Salad*</p> <p>Tuna Salad Wrap</p> <p>Italian Hero</p> <p>Green Bean Salad</p> <p>Fresh Orange</p> | <p>Crispy Chicken Popper Salad w/ Crackers</p> <p>Roast Beef Wrap w/ Golden Honey Mustard</p> <p>Cottage Cheese, Crackers, & Fruit Combo</p> <p>Italian Hero</p> <p>Carrot Sticks</p> <p>Chilled Pears</p> | <p>Breaded Chicken Caesar Salad w/ Whole Wheat Dinner Roll</p> <p>Asian Six Treasure Chicken Salad w/ Homemade Sweet N Sour Dressing & Whole Wheat Roll</p> <p>Turkey Club Bagel Sandwich</p> <p>Italian Hero</p> <p>Celery Sticks</p> <p>Chilled Pineapples</p> | <p>Catalina Turkey Club Salad w/ Crackers</p> <p>Classic Chicken Salad on Whole Wheat w/ Lettuce & Tomato</p> <p>Little Italy Wrap</p> <p>Italian Hero</p> <p>Carrot Sticks</p> <p>Petite Bananas</p> | <p>Chunky Tuna Salad w/ Crackers</p> <p>Santa Fe Turkey and Cheddar Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p> <p>Italian Hero</p> <p>Sweet Corn Salad</p> <p>Chilled Mixed Fruit</p> |
| <p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p> | <p>Green Bean Salad</p> <p>Tossed Salad w/ Light Dressing</p> <p>Chilled Applesauce</p> <p>Fresh Orange Wedges*</p> | <p>Tossed Salad w/ Light Dressing</p> <p>Carrot Sticks</p> <p>Cucumber Slices</p> <p>Chilled Pears</p> | <p>Chilled Pineapples*</p> <p>Apple Salad Made w/ Fresh Local Apples</p> <p>Caesar Romaine Side Salad w/ Croutons</p> <p>Celery Sticks</p> | <p>Tossed Salad w/ Light Dressing*</p> <p>Petite Bananas*</p> <p>Chilled Applesauce</p> <p>Carrot Sticks</p> | <p>Carrot Sticks</p> <p>Confetti Coleslaw</p> <p>Sweet Corn Salad</p> <p>Chilled Mixed Fruit</p> |



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*Menu item is offered with the complete daily Balanced Choices® Meal