

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>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><b>Whole Wheat Toasted Garlic Bun</b></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 <b>Bread Stuffing Made w/ Whole Wheat*</b></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><b>Whole Grain Tortilla Shell Rounds</b> Rice &amp; 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 &amp; Breaded Chicken Sandwiches Available Daily</p>	<p>Austin Steak Twister</p> <p>Seasoned Potato Wedges</p> <p>Fresh Iceberg Lettuce &amp; 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: <b>Triple Decker Turkey Club on Whole Wheat</b></p>	<p>Salsa Chicken Wrap</p> <p>Broccoli w/ Cheese Sauce</p> <p>Fresh Romaine Lettuce &amp; Tomato</p> <p>Pepperoni Pizza</p> <p><b>Whole Wheat Pizza Dunkers w/ Shredded Cheese &amp; Tomato Dipping Sauce</b></p> <p>Carrot Sticks</p> <p>Made to Order SANDWICH Bar</p> <p>Special: Neapolitan Hero w/ Balsamic Vinaigrette* &amp; Vegetable Pasta Salad*</p>	<p><b>Grilled Ancho Chili Chicken &amp; Cheddar on a Whole Wheat Bun</b></p> <p>Seasoned Corn</p> <p>Fresh Iceberg Lettuce &amp; Tomato</p> <p>Veggie Lover's Pizza</p> <p>Broccoli &amp; 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 &amp; Homemade Ranch Dressing*</p>	<p><b>Fish and Cheese Sandwich</b> (Sustainable Seafood)</p> <p>Mashed Potatoes</p> <p>Fresh Iceberg Lettuce &amp; Tomato</p> <p>Pepperoni Pizza</p> <p><b>Triple Decker Bean Tostados w/ Salsa</b></p> <p>Tossed Salad w/ Light Dressing</p> <p>Made to Order SANDWICH Bar</p> <p>Special: Honey Mustard Ham &amp; Cheese Wrap</p>	<p>Chicken Parm Wrap*</p> <p>Warm Baked Apple Slices</p> <p>Fresh Iceberg Lettuce &amp; 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: <b>Turkey and Cheese Wrap</b></p>
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: <b>Triple Decker Turkey Club on Whole Wheat</b></p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Neapolitan Hero w/ Balsamic Vinaigrette* &amp; Vegetable Pasta Salad*</p>	<p>Made to Order SALAD Bar</p> <p>Special: BBQ Chicken Salad w/ Toasted Flatbreads &amp; Homemade Ranch Dressing*</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Honey Mustard Ham &amp; Cheese Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: <b>Turkey and Cheese Wrap</b></p>
 <p>Cold Sandwiches &amp; Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps, Rolls, and <b>Whole Wheat Bread</b> Turkey, Ham, Tuna Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers &amp; 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><b>Triple Decker Turkey Club on Whole Wheat</b></p> <p>Ham &amp; Cheese on a Kaiser Roll</p> <p>Italian Hero</p> <p>Petite Bananas</p> <p>Sweet Chewy Raisins</p>	<p><b>Whole Wheat Toasted Cheese Sticks w/ Tomato Dipping Sauce</b></p> <p>Carrot Sticks</p> <p>Cool as A Cucumber Sesame Noodle Salad w/ Beef</p> <p>Neapolitan Hero w/ Balsamic Vinaigrette* &amp; 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 &amp; Homemade Ranch Dressing*</p> <p>Santa Fe Turkey and Cheddar Wrap</p> <p>Italian Hero</p> <p><b>Fresh Local Apples</b></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 &amp; Cheese Wrap</p> <p><b>Fruit Yogurt Parfait w/ Granola Topping</b></p> <p>Italian Hero</p> <p>Veggie Pasta Salad</p> <p>Petite Bananas*</p>	<p><b>Whole Wheat Tuna Bagel Melts</b></p> <p>Tossed Salad w/ Light Dressing</p> <p>Deli Chef Salad w/ Crackers</p> <p><b>Peanut Butter &amp; Apple Whole Wheat Roll Ups</b></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><b>Fresh Local Apples</b></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 &amp; 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><b>Fresh Local Apples</b></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

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



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



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 <p>Lean Beef Burgers w/ Cheese &amp; Breaded Chicken Sandwiches Available Daily</p>	Breaded Popcorn Chicken w/ Breadstick Corn Fresh Iceberg Lettuce & Tomato Pepperoni Pizza	<b>Pizza Burger on a Whole Wheat Bun*</b> Baked Potato* Fresh Romaine Lettuce & Tomato Broccoli Topped Pizza	<b>Walking Taco</b> 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	<b>Whole Wheat Pizza Bagels</b> Caesar Romaine Side Salad w/ Croutons	<b>Chicken Brushetta Pizza Topped w/ Fresh Tomatoes*</b> 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	<b>Grilled Veggie Pizza w/ Fresh Veggies</b> Cheese Garlic Pizza Sweet Corn Salad
 <p>Cold Sandwiches &amp; Salads Made Fresh Your Way                      Available Daily:                      Tortilla Wraps, Rolls, and <b>Whole Wheat Bread</b>                      Turkey, Ham, Tuna Salad, Chilled Breaded Chicken                      American and Part Skim Mozzarella Cheese                      Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers &amp; Fresh Carrots                      Fresh Homemade Macaroni Salad</p>	Made to Order SANDWICH Bar Special: <b>Triple Decker Turkey Club on Whole Wheat</b>	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: <b>Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato &amp; Cranberry Mayo</b>	Made to Order SANDWICH Bar Special: <b>Grilled Chicken and Roasted Vegetables on a Kaiser Roll Made w/ Fresh Zucchini &amp; Green Peppers on a Kaiser Roll*</b> w/ Homemade Macaroni Salad*
 <p><b>TOAST POST</b>                      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	<b>Toasted Mozzarella &amp; Pepperoni on Whole Wheat w/ Tomato Dipping Sauce</b> Marinated Tomato & Cucumber Salad Made w/ Fresh Cucumbers & Tomatoes	Peppercorn Chicken Reuben Panini Buttermilk Coleslaw Made w/ Fresh Cabbage	<b>Whole Grain Cheese Quesadillas</b> Sweet Corn Salad
 <p>Fresh Food Fast-Packaged for Grab N' Go</p>	Deli Chef Salad w/ Crackers <b>Triple Decker Turkey Club on Whole Wheat</b> <b>Toasted Whole Wheat Bagel Chips w/ Fresh Veggies &amp; Hummus*</b> 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 <b>Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato &amp; Cranberry Mayo</b> <b>Fruit Yogurt Parfait w/ Granola Topping</b> Italian Hero Buttermilk Coleslaw Made w/ Fresh Cabbage Fresh Apples	Crispy Chicken Popper Salad w/ Crackers <b>Grilled Chicken and Roasted Vegetables on a Kaiser Roll Made w/ Fresh Zucchini &amp; Green Peppers on a Kaiser Roll*</b> w/ Homemade Macaroni Salad* Honey Mustard Chicken Pasta Salad Italian Hero Carrot Sticks Chilled Applesauce
 <p>Cold Fruit &amp; 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 <b>Southwest Corn &amp; Black Bean Salad Made w/ Fresh Local Corn &amp; Tomatoes</b> <b>Fresh Local Apples</b> 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 &amp; 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 &amp; 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 &amp; Beans Mashed Potatoes</p> <p>Tossed Salad w/ Light Dressing</p> <p>Seasoned Green Beans</p> <p><b>Spicy Lime Whole Wheat Tortilla Chips</b></p> <p>Salsa</p> <p>Orange Slice</p>	<p>ROASTED CHICKEN BOWL:</p> <p>Cranberry Glazed Chicken</p> <p>Steamed White Rice <b>Bread Stuffing Made w/ Whole Wheat</b></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 &amp; Breaded Chicken Sandwiches Available Daily</p>	<p>Cheddar Onion Burger</p> <p>Broccoli w/ Cheese Sauce</p> <p>Fresh Iceberg Lettuce &amp; Tomato</p>	<p><b>Hot Ham &amp; Cheese on a Whole Wheat Bagel</b></p> <p>Warm Baked Apple Slices</p> <p>Fresh Iceberg Lettuce &amp; Tomato</p>	<p>Cheese Steak Sandwich</p> <p>Sauteed Peppers &amp; Onions</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>	<p>Breaded Chicken Tenders w/ Garlic Toast</p> <p>Mashed Potatoes</p> <p>Fresh Iceberg Lettuce &amp; Tomato</p>	<p><b>Turkey Club Burger on a Whole Wheat Bun*</b></p> <p>Seasoned Corn*</p> <p>Warm Fruit Crisp*</p> <p>Fresh Iceberg Lettuce &amp; 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><b>Whole Wheat Pizza Dunkers w/ Shredded Cheese &amp; Tomato Dipping Sauce</b></p> <p>Spinach Ricotta Pizza</p> <p>Carrot Sticks</p>	<p><b>Chicken &amp; Roma Tomato Whole Grain Pita Pizza</b></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 &amp; Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps, Rolls, and <b>Whole Wheat Bread</b> Turkey, Ham, Tuna Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers &amp; 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 &amp; <b>Whole Wheat Roll</b></p>	<p>Made to Order SANDWICH Bar</p> <p>Special: <b>Classic Chicken Salad on Whole Wheat w/ Lettuce &amp; Tomato</b></p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Santa Fe Turkey and Cheddar Wrap</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>Tossed Salad w/ Light Dressing</p>	<p>Pressed Chicken &amp; Cheese Quesadillas</p> <p>Carrot Sticks</p>	<p><b>Walking Taco</b></p> <p>Caesar Romaine Side Salad w/ Croutons</p>	<p>Cobb Panini w/ Chicken, Cheddar &amp; Bacon</p> <p>Tossed Salad w/ Light Dressing</p>	<p><b>Toasted Ham &amp; Mozzarella on Whole Wheat</b></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, &amp; 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 &amp; <b>Whole Wheat Roll</b></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><b>Classic Chicken Salad on Whole Wheat w/ Lettuce &amp; Tomato</b></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><b>Fruit Yogurt Parfait w/ Granola Topping</b></p> <p>Italian Hero</p> <p>Sweet Corn Salad</p> <p>Chilled Mixed Fruit</p>
<p>Cold Fruit &amp; 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><b>Apple Salad Made w/ Fresh Local Apples</b></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>

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