

# HIGH SCHOOL LUNCH MENU *Fall Cycle 1*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Boneless Buffalo Chicken Wings</b> <b>Baked Potato Fries</b> <b>Corn on the Cob</b>	<b>Philly Cheesesteak Sandwich</b>	<b>Chinese Chicken w/Broccoli Rice Bowl or Veggie Bowl</b> <b>Brown Rice w/Broccoli walnuts peas and Edamame</b>	<b>Local Artisan Pizzas</b> <b>Vegetarian and Meat Lovers</b>	<b>Cheese Ravioli &amp; Tomato Basil Sauce</b> <b>w/Garlic Bread</b> <b>Cesar Salad</b>
<b>Macaroni and Cheese</b> <b>Mixed Vegetables</b> <b>Corn Bread</b>	<b>Hummus Plate with Veggies and Toasted Naan Bread</b>	<b>Spicy Chicken Sandwich</b>	<b>Chicken and Cheese Quesadilla/Burrito</b>	<b>Safeway Submarine Special</b>
<b>Turkey or Cheddar Sandwich on WG Bread w/Lettuce and Tomato</b>	<b>Grilled Bean and Cheese Burrito</b>	<b>Ham &amp; Swiss Sandwich on WG Bread w/Lettuce and Tomato</b>	<b>Tuna Salad Sandwich on Whole Grain Bread</b>	<b>All Natural Peanut Butter and Jam Sandwich on WG Bread</b>
<b>Chicken Ceasar Salad or Vegan Salad</b>	<b>Garden Salad w/ Romaine, Tomato, Cucumber Carrots, Beets</b>	<b>Caesar Salad With Grilled Chicken or Garbanzo Beans</b>	<b>Fall Spinach Salad w/Feta, Cranberries Walnuts &amp; Apples</b>	<b>Chef's Salad with Turkey, Ham and Cheddar</b>
<b>WATERMELON, Apples</b> <b>Carrots, Celery sticks</b> <b>Crisp Garden Salads</b>	<b>Shredded Lettuce</b> <b>Bell Peppers, Onions</b> <b>Baby Carrots Nectarines,</b>	<b>Edamame</b> <b>Carrots, Cucumbers</b> <b>Granny Smith Apple</b> <b>Organic Strawberries</b>	<b>Fresh Cutie Oranges</b> <b>Plums</b> <b>Carrots</b> <b>Leafy Green Salad w/tomato and rainbow bell peppers</b>	<b>Leafy Green Spinach and Romaine, Tomatoes</b> <b>Cucumbers</b> <b>Beans</b> <b>Fresh local Organic Pears /Apples</b>

**Lunch MEAL \$4.00 MEAL includes: Entrée, Milk, Fresh Fruit & Salad Bar**

DAILY A LA CARTE OFFERINGS: Freshly Prepared Sandwiches –Turkey, Ham or PB& Jam Sandwich , Grab 'n' Go Entrée Salads, Yogurt w/Granola Bar.

Vegetarian/Vegan Options & Gluten Free entrees available upon request.

For any Special Diet Needs Please Contact Nutrition Services at 831-624-1821