



High School Salad Bar Menu

March 2012

Featured Signature Salad											
	Buffalo Chicken Salad Buffalo Chicken Strips, Diced Celery, Diced Scallions, Shredded Cheddar	Cobb Salad Shrimp, Eggs, Turkey Bacon, Shredded Local Sweet Potato, Dinner Roll	Chicken Caesar Grilled Chicken Strips, Parmesan Cheese, Romaine Lettuce, Croutons, Caesar Dressing	Southwest Salad Chili Lime Chicken Strips, Tortilla Chips, Shredded Cheddar, Black Beans, Avocado, & Corn	Nutrition Month Salad! Baby Spinach, Turkey Bacon, Sunflower Seeds, Diced Red Onions and Broccoli Florets						
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
Daily Offerings	Tossed Romaine Salad Mix Mesclun Mix	Tossed Romaine Salad Mix Baby Spinach	Tossed Romaine Salad Mix Arugula	Tossed Romaine Salad Mix Mesclun Mix	Tossed Romaine Salad Mix Baby Spinach	Daily Specials	Diced Celery Diced Scallions Broccoli Florets Shredded Sweet Potatoes	Turkey Bacon Shredded Sweet Potatoes Corn Mandarin Oranges	Turkey Bacon Chick Peas Parmesan Cheese Broccoli Florets	Black Beans Corn Avocado Shredded Red Cabbage	Turkey Bacon Tofu Diced Red Onions Broccoli Florets
	Sliced Cucumbers Tomatoes Shredded Carrots Sliced Green Peppers	Sliced Cucumbers Tomatoes Shredded Carrots Sliced Green Peppers	Sliced Cucumbers Tomatoes Shredded Carrots Sliced Green Peppers	Sliced Cucumbers Tomatoes Shredded Carrots Sliced Green Peppers	Sliced Cucumbers Tomatoes Shredded Carrots Sliced Green Peppers		Buffalo Chicken Strips	Shrimp	Grilled Chicken Strips	Chili Lime Chicken Strips	Grilled Chicken Strips
	Sliced Eggs Shredded Cheddar Cheese Garlic Croutons Raisins Sunflower Seeds	Sliced Eggs Shredded Cheddar Cheese Garlic Croutons Raisins Sunflower Seeds	Sliced Eggs Shredded Cheddar Cheese Garlic Croutons Raisins Sunflower Seeds	Sliced Eggs Shredded Cheddar Cheese Garlic Croutons Raisins Sunflower Seeds	Sliced Eggs Shredded Cheddar Cheese Garlic Croutons Raisins Sunflower Seeds		Whole Grain Garlic Breadstick	Whole Grain Dinner Roll	Whole Grain Garlic Breadstick	Whole Grain Tortilla Chips	Whole Grain Wrap
	Fruit Choice	Fruit Choice	Fruit Choice	Fruit Choice	Fruit Choice						

Available Daily: Creamy Caesar, Balsamic Vinaigrette, French & Fat Free Ranch Dressing, Choice of 1% or Fat Free Skim Milk

The cost of a paid student meal is \$1.60. Salad bar is free for free and reduced students. Full student lunch includes choice of meat or meat substitute w/ grain/bread accompaniments, vegetable, fruit, and choice of 1% or skim white milk.

Fruit and vegetable side salads are also available for \$1.00.