



# K-8 & Middle School Salad Bar Menu March 2012

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

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

The cost of a paid student meal is **\$1.35** for grades K-5, and **\$1.60** for grades 6-8. 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. Side salads are also available for



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