

# WE ♥ GARDEN VEGETABLES

**SIMPLY GOOD**

## High School Lunch Cycle Menu with Salad Bar & Deli Bar March 28 - April 1

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (includes a source of protein and grain/bread accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. All grains are whole grain rich. Did you know—If you see it in **green**, it's **local** and if you see it in **blue**, the meal has **international influence!**

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors					
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts					
 Tasty Hand-Held Hot Sandwiches					
 Grab & Go Cold Sandwiches and Salads					
 Hot & Cold Sides Available at All Stations					
 Self-Serve Deli Bar Available Daily					
 Self-Serve Salad Bar Available Daily					

SPRING BREAK  
 NO SCHOOL

# WE ♥ GARDEN VEGETABLES

**SIMPLY GOOD**

## High School Lunch Cycle Menu with Salad Bar & Deli Bar

April 4 - 8

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/whole grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—if you see it in green, it's local and if you see it in blue, the meal has international influence!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Veggie Chili w/Cornbread	Chicken Nuggets w/ Mumbo Sauce and Dinner Roll	Haitian Style Fish w/ Creole Rice and Beans	Cheeseburger w/Lettuce and Tomato Garnish	Caribbean Chicken Drumstick w/ Brown Rice
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	Off Again Today!	<b>Homemade Pizza on Whole Grain Crust</b> Cheese Veggie Lovers Hawaiian	And Yet Again!	<b>Homemade Pizza on Whole Grain Crust</b> Cheese Veggie Lovers Spicy Chicken
 Tasty Hand-Held Hot Sandwiches	Buffalo Chicken Wrap	Toasted Two Cheese Sandwich	Spicy Ukrainian Chicken Sandwich	Teriyaki Veggie Burger	Cheese and Yogurt Platter
 Grab & Go Cold Sandwiches and Salads	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Turkey Salami Sandwich w/ Mustard	Garden Salad w/Romaine, Tomatoes, Cheese & Garlic Bun	Turkey Ranch Wrap	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Garlic Roll
 Hot & Cold Sides Available at All Stations	Fiesta Black Beans  Fresh Baby Carrots  Pineapple Cup Assorted Fresh Fruit	Mashed Potatoes w/ Gravy  Fresh Cucumber Coins  Fresh Local Apple Assorted Fresh Fruit	Glazed Carrots  Fresh Local Tuscan Kale Salad  Fresh Orange Assorted Fresh Fruit	Garlic Lemon Broccoli  Fresh Cucumber & Tomato Salad  Fresh Banana Assorted Fresh Fruit	Local Fresh Baked Sweet Potato w/Cinnamon  Fresh Celery Sticks  100% Grape Juice Assorted Fresh Fruit
 Self-Serve Deli Bar Available Daily	<b>Start with Grains:</b> Assorted Breads, Rolls, & Wraps  <b>Add on Veggies:</b> Lettuce, Tomato, Sliced Red Onions  <b>Add on Protein:</b> Assorted Meats, Cheeses, <b>Homemade Egg Salad</b> , or Homemade Chicken Salad  <b>Top With:</b> Mustard, Mayo, or Salad Dressing				
 Self-Serve Salad Bar Available Daily	<b>Start With:</b> Fresh Romaine Mix, Spinach <b>Add On Veggies:</b> Fresh Cucumbers, Shredded Fresh Carrots, Sweet Corn, Fresh Red Onions, Fresh Tomatoes, Edamame <b>Finish with</b> <b>Protein:</b> Diced Turkey Ham, <b>Sliced Eggs</b> , Black Beans, Spicy Garbanzo Beans, Shredded Cheddar  <b>Grain:</b> Garden Pasta Salad, Garlic Croutons or 2 Garlic Breadsticks				



## High School Lunch Cycle Menu with Salad Bar & Deli Bar April 11 - 15

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/whole grain accompaniments), 2 vegetable sides, 2 fruit side & choice of **1% or skim white milk**. Did you know—if you see it in **green**, it's **local** and if you see it in **blue**, the meal has **international influence!**

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Veggie Chili w/Cornbread	Turkey Meatball Sub w/Marinara & Mozzarella on a Sub	Korean Bibimbap Chicken w/Ginger Lime Brown Rice	Mozzarella Pizza Melt	
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	<b>Homemade Pizza</b> Cheese Veggie Lovers Hawaiian	Off Again Today!	And Yet Again!	<b>Emancipation Day</b>
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo or Ranch Sauce and Cornbread	Toasted Two Cheese Sandwich	Turkey Hot Dog w/ Toppings	Pizza Burger	<b>No School</b>
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/Romaine, Tomatoes, Cheese & Garlic Bun	Turkey Bologna Sandwich w/ Mustard	Mexican Corn Salad w/ Black Beans & Tortilla Chips	Turkey Ranch Wrap	
 Hot & Cold Sides Available at All Stations	Fresh Roma Roasted Local Red Potatoes  Fresh Cucumber & Tomato Salad  Fresh Local Apple Assorted Fresh Fruit	Baked Beans  Fresh Broccoli  Pineapple Cup Assorted Fresh Fruit	Seasoned Carrots  Fresh Celery Sticks  Fresh Orange Assorted Fresh Fruit	Sweet Potato Fries  Fresh Local Kale Caesar Salad  Fresh Banana Assorted Fresh Fruit	
 Self-Serve Deli Bar Available Daily	<b>Start with Grains:</b> Assorted Breads, Rolls, & Wraps  <b>Add on Veggies:</b> Lettuce, Tomato, Sliced Red Onions  <b>Add on Protein:</b> Assorted Meats, Cheeses, <b>Homemade Egg Salad</b> , or Homemade Chicken Salad  <b>Top With:</b> Mustard, Mayo, or Salad Dressing				
 Self-Serve Salad Bar Available Daily	<b>Start With:</b> Fresh Romaine Mix, Spinach <b>Add On Veggies:</b> Fresh Cucumbers, Shredded Fresh Carrots, Sweet Corn, Fresh Red Onions, Fresh Tomatoes, Edamame <b>Finish with</b> <b>Protein:</b> Caesar Chicken, <b>Sliced Eggs</b> , Black Beans, Spicy Garbanzo Beans, Shredded Cheddar <b>Grain:</b> Garden Pasta Salad, Garlic Croutons or 2 Garlic Breadsticks				

# WE ♥ GARDEN VEGETABLES

**SIMPLY GOOD**

## High School Lunch Cycle Menu with Salad Bar & Deli

April 18 - 22

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/whole grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Veggie Lo Mein	Spaghetti w/ Turkey Meatballs	Steak and Cheese Sub	Teriyaki Chicken w/Ginger Brown Rice	Mac-N-Cheese with a Dinner Roll
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	<b>Homemade Pizza</b> Cheese Veggie Lovers Hawaiian	Off Again Today!	And Yet Again!	<b>Homemade Pizza</b> Cheese Veggie Lovers Spicy Chicken
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo or Ranch Sauce and Cornbread	Toasted Two Cheese Sandwich	Turkey Hot Dog w/Toppings	Cheeseburger w/ Lettuce & Tomato Garnish	Tuna Salad Melt
 Grab & Go Cold Sandwiches and Salads	Turkey Ranch Wrap	Turkey Salami Sandwich w/ Mustard	Mexican Corn Salad w/ Black Beans & Tortilla Chips	Garden Salad w/Romaine, Tomatoes, Cheese & Garlic Bun	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Garlic Roll
 Hot & Cold Sides Available at All Stations	Southwest Pinto Beans Homemade Confetti Coleslaw Fresh Local Apple Assorted Fresh Fruit	Green Beans Italiano Fresh Baby Carrots Pineapple Cup Assorted Fresh Fruit	Roasted Corn & Carrots Fresh Celery Sticks Fresh Orange Assorted Fresh Fruit	Garlic Lemon Broccoli Fresh Baby Carrots Fresh Banana Assorted Fresh Fruit	Seasoned Carrots Fresh Romaine and Tomato Salad 100 % Grape Juice Assorted Fresh Fruit
 Self-Serve Deli Bar Available Daily	<p><b>Start with Grains:</b> Assorted Breads, Rolls, &amp; Wraps</p> <p><b>Add on Veggies:</b> Lettuce, Tomato, Sliced Red Onions</p> <p><b>Add on Protein:</b> Assorted Meats, Cheeses, <b>Homemade Egg Salad</b>, or Homemade Chicken Salad</p> <p><b>Top With:</b> Mustard, Mayo, or Salad Dressing</p>				
 Self-Serve Salad Bar Available Daily	<p><b>Start With:</b> Fresh Romaine Mix, Spinach</p> <p><b>Add On Veggies:</b> Fresh Cucumbers, Shredded Fresh Carrots, Sweet Corn, Fresh Red Onions, Fresh Tomatoes, Edamame</p> <p><b>Finish with Protein:</b> Chili Lime Chicken, <b>Sliced Eggs</b>, Black Beans, Spicy Garbanzo Beans, Shredded Cheddar</p> <p><b>Grain:</b> Garden Pasta Salad, Garlic Croutons or 2 Garlic Breadsticks</p>				

# WE ♥ GARDEN VEGETABLES

**SIMPLY GOOD**

## High School Lunch Cycle Menu with Salad Bar & Deli

April 25 - 29

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (includes a source of protein and grain/bread accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. All grains are whole grain rich. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Spicy Asian Chicken with Ginger Lime Brown Rice	Chicken Taco	Rotini with Turkey Meat Sauce	Steak and Cheese Sub	Capital City Chicken Drumstick with a Biscuit
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	<b>Homemade Pizza</b> Cheese Veggie Lovers Hawaiian	Off Again Today!	And Yet Again!	<b>Homemade Pizza</b> Cheese Veggie Lovers Spicy Chicken
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets with Mumbo or Ranch Sauce and Cornbread	Toasted Two Cheese Sandwich	Turkey Hot Dog with Toppings	Cheeseburger with Lettuce & Tomato Garnish	Cheese and Yogurt Platter
 Grab & Go Cold Sandwiches and Salads	Garden Salad with Romaine, Tomatoes, Cheese & Garlic Bun	Turkey Bologna Sandwich with Mustard	Mexican Corn Salad with Black Beans & Tortilla Chips	Veggie Wrap with Hummus, Cheese, Tomato and Cucumber	Barbecue Chicken Salad with Romaine, Tomatoes, Cheese & Garlic Roll
 Hot & Cold Sides Available at All Stations	Seasoned Green Peas & Carrots  Fresh Romaine & Tomato Side Salad  Fresh Local Apple Assorted Fresh Fruit	Local Country Collard Greens  Fresh Baby Carrots  Pineapple Cup Assorted Fresh Fruit	Green Beans Italiano  Fresh Celery Sticks  Fresh Orange Assorted Fresh Fruit	Sweet Potato Fries  Fresh Cucumber Coins  Fresh Banana Assorted Fresh Fruit	Baked Beans  Fresh Baby Carrots  100% Grape Juice Assorted Fresh Fruit
 Self-Serve Deli Bar Available Daily	<b>Start with Grains:</b> Assorted Breads, Rolls, & Wraps  <b>Add on Veggies:</b> Lettuce, Tomato, Sliced Red Onions  <b>Add on Protein:</b> Assorted Meats, Cheeses, <b>Homemade Egg Salad</b> , or Homemade Chicken Salad  <b>Top With:</b> Mustard, Mayo, or Salad Dressing				
 Self-Serve Salad Bar Available Daily	<b>Start With:</b> Fresh Romaine Mix, Spinach <b>Add On Veggies:</b> Fresh Cucumbers, Shredded Fresh Carrots, Sweet Corn, Fresh Red Onions, Fresh Tomatoes, Edamame <b>Finish with</b> <b>Protein:</b> Buffalo Chicken, Sliced Eggs, Black Beans, Spicy Garbanzo Beans, Shredded Cheddar <b>Grain:</b> Garden Pasta Salad, Garlic Croutons or 2 Garlic Breadsticks				