



# SIMPLY GOOD

## Ellington Lunch Menu

August 24-28

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/ 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! All of our chicken is antibiotic (ABF) free!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>International</b>	<b>Burrito or Hard Shell Taco</b> Turkey Taco Meat Spicy Chicken Fiesta Black Beans Cilantro Brown Rice	Caribbean Jerk Chicken w/ Brown Rice	<b>Burrito, Salad or Nachos</b> Turkey Taco Meat Bean & Cheese Burrito Veggie Refried Beans Spanish Brown Rice	<b>Chicken Lettuce Wraps</b> <b>Lo Mein Noodles</b> Veggie Patty Shredded Carrots Diced Cucumber Shaved Onions	Korean Bibimbap Chicken w/Ginger Lime Brown Rice
 <b>Pizza</b> All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts & All of the Cheese Used is Local!	Pizza Chef is Off Today!	<b>Homemade Pizza on Whole Grain Crust</b> Hawaiian Pizza w/Turkey Ham & Pineapple Veggie Lovers Pizza Tasty Cheesy Pizza	Off Again Today!	And Yet Again!	<b>Homemade Pizza on Whole Grain Crust</b> Spicy Chicken Pizza Veggie Lovers Pizza Tasty Cheesy Pizza
 <b>Grill</b>	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Roll	Toasted Two Cheese Sandwich	Turkey Hot Dog on Whole Grain Bun w/ Toppings	Pizza Burger on Whole Grain Bun	Grilled Chicken Sandwich on Whole Grain Bun w/Lettuce & Tomato Garnish
 <b>Outtakes</b>	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Pastrami on Whole Grain Roll w/ Mustard	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Turkey Ranch Wrap	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 <b>Sides</b>	Baked Plantain Fresh Baby Carrots w/ Light Dressing Fresh Local Apple Assorted Fruit	Local Country Collard Greens Fresh Broccoli w/Light Dressing Pineapple Cup Assorted Fruit	Green Beans Italiano Fresh Celery w/ Light Dressing Fresh Orange Assorted Fruit	Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing Fresh Banana Assorted Fruit	Seasoned Carrots Fresh Broccoli w/Light Dressing 100% Grape Juice Assorted Fruit
 <b>Deli</b>	<b>Start With:</b> Assorted Whole Grain Breads, Rolls, & Wraps <b>Add:</b> Assorted Meats, Cheeses, Homemade Egg Salad, Homemade Chicken Salad <b>Top With:</b> Mustard, Mayo, Salad Dressing <b>Finish With:</b> Lettuce, Tomato, Sliced Red Onions				
 <b>Salad</b>	<b>Start With:</b> Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama <b>Top With:</b> Shredded Cheddar <b>Add On:</b> Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans <b>Finish With:</b> Buffalo Chicken, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks				



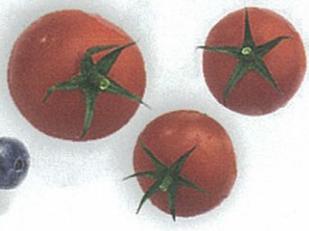
# SIMPLY GOOD

## Ellington Lunch Menu

Aug 31-Sept 4

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/ 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! All of our chicken is antibiotic (ABF) free!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>International</b></p>	<p><b>Burrito or Hard Shell Taco</b>            Turkey Taco Meat            Cilantro Lime Chicken            Fiesta Black Beans            Cilantro Brown Rice            Corn Salsa            Pico De Gallo</p>	<p><b>Teriyaki Chicken w/</b>            Ginger Lime Brown Rice</p>	<p><b>Burrito, Salad Bowl or Nachos</b>            Turkey Taco Meat            Cilantro Lime Chicken            Veggie Refried Beans            Spanish Brown Rice            Corn Salsa            Pico de Gallo</p>	<p><b>Lo Mein Noodles</b>            Ginger Lime Chicken            Veggie Patty            Shredded Carrots            Diced Cucumber            Diced Onion            Pineapple Tidbits            Fresh Cilantro</p>	<p>Rachel Ray's Yum-O            Capitol City Chicken w/            Whole Grain Biscuit</p>
 <p><b>Pizza</b></p> <p>All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts &amp; All of the Cheese Used is Local!</p>	<p>Pizza Chef is Off Today!</p>	<p><b>Homemade Pizza on Whole Grain Crust</b>            Hawaiian Pizza w/Turkey Ham &amp; Pineapple            Veggie Lovers Pizza            Tasty Cheesy Pizza</p>	<p>Off Again Today!</p>	<p>And Yet Again!</p>	<p><b>Homemade Pizza on Whole Grain Crust</b>            Spicy Chicken Pizza            Veggie Lovers Pizza            Tasty Cheesy Pizza</p>
 <p><b>Grill</b></p>	<p><b>Chicken Nuggets w/</b>            Mumbo Sauce and Whole Grain Roll</p>	<p>Toasted Two Cheese Sandwich</p>	<p><b>Turkey Hot Dog on Whole Grain Bun w/</b> Toppings</p>	<p>Pizza Burger on Whole Grain Bun</p>	<p><b>Grilled Chicken Sandwich on Whole Grain Bun w/Lettuce &amp; Tomato Garnish</b></p>
 <p><b>Outtakes</b></p>	<p>Garden Salad w/ Romaine, Tomatoes, Cheese &amp; Whole Grain Garlic Bun</p>	<p>Turkey Pastrami on Whole Grain Roll w/ Mustard</p>	<p>Mexican Corn Salad w/ Black Beans &amp; Whole Grain Tortilla Chips</p>	<p>Turkey Ranch Wrap</p>	<p><b>Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese &amp; Whole Grain Garlic</b></p>
 <p><b>Sides</b></p>	<p>Baked Plantain            Fresh Romaine and Tomato Salad            Fresh Local Apple            Assorted Fruit</p>	<p><b>Fresh Local Baked Sweet Potato w/ Cinnamon</b>            Confetti Coleslaw            Pineapple Cup            Assorted Fruit</p>	<p>Glazed Carrots            Fresh Local Kale Caesar Salad            Fresh Orange            Assorted Fruit</p>	<p>Garlic Lemon Broccoli            Fresh Cucumber and Tomato Salad            Fresh Banana            Assorted Fruit</p>	<p>Fiesta Black Beans            Baby Carrots w/ Light Dressing            100% Grape Juice            Assorted Fruit</p>
 <p><b>Deli</b></p>	<p><b>Start With:</b> Assorted Whole Grain Breads, Rolls, &amp; Wraps  <b>Add:</b> Assorted Meats, Cheeses, Homemade Egg Salad, Homemade Chicken Salad  <b>Top With:</b> Mustard, Mayo, Salad Dressing  <b>Finish With:</b> Lettuce, Tomato, Sliced Red Onions</p>				
 <p><b>Salad</b></p>	<p><b>Start With:</b> Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama  <b>Top With:</b> Shredded Cheddar  <b>Add On:</b> Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans  <b>Finish With:</b> Diced Turkey Ham, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</p>				



# SIMPLY GOOD



## Ellington Lunch Menu

September 7-11

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/ 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! All of our chicken is antibiotic (ABF) free!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>International</b>	<b>Labor Day</b>  <b>No School</b>	Panes Rellenos (Salvadorian <b>Chicken</b> Torta)	<b>Burrito, Salad Bowl or Nachos</b> Turkey Taco Meat Cilantro Lime <b>Chicken</b> Veggie Refried Beans Spanish Brown Rice Corn Salsa Pico de Gallo	<b>Chicken Lettuce Wraps</b> <b>Lo Mein Noodles</b> Veggie Patty Shredded Carrots Diced Cucumber Shaved Onions	Teriyaki <b>Chicken</b> w/Ginger Lime Brown Rice
 <b>Pizza</b>  All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts & All of the Cheese Used is <b>Local!</b>	<b>Labor Day</b>  <b>No School</b>	<b>Homemade Pizza on Whole Grain Crust</b> Hawaiian Pizza w/Turkey Ham & Pineapple Veggie Lovers Pizza Tasty Cheesy Pizza	Off Again Today!	And Yet Again!	<b>Homemade Pizza on Whole Grain Crust</b>  Spicy <b>Chicken</b> Pizza Veggie Lovers Pizza Tasty Cheesy Pizza
 <b>Grill</b>	<b>Labor Day</b>  <b>No School</b>	Toasted Two Cheese Sandwich	<b>Turkey Hot Dog</b> on <b>Whole Grain</b> <b>Bun w/ Toppings</b>	Santa Fe Burger on <b>Whole Grain Bun</b>	<b>Grilled Chicken</b> <b>Sandwich on Whole</b> <b>Grain Bun</b> w/Lettuce &
 <b>Outtakes</b>	<b>Labor Day</b>  <b>No School</b>	Turkey Pastrami on Whole Grain Roll w/ Mustard	<b>Mexican Corn Salad</b> w/ <b>Black Beans &amp;</b> <b>Whole Grain</b> <b>Tortilla Chips</b>	Turkey Ranch Wrap	<b>Barbecue Chicken</b> <b>Salad w/Romaine,</b> <b>Tomatoes, Cheese &amp;</b> <b>Whole Grain Garlic</b> <b>Roll</b>
 <b>Sides</b>	<b>Labor Day</b>  <b>No School</b>	<b>Fresh Roma Roasted</b> <b>Local Red Potatoes</b>  Baby Carrots w/ Light Dressing Pineapple Cup Assorted Fruit	Southwest Pinto Beans  Fresh Celery w/ Light Dressing Fresh Orange  Assorted Fruit	Sweet Potato Wedges  Fresh Broccoli w/ Light Dressing Fresh Banana  Assorted Fruit	Roasted Broccoli  Baby Carrots w/ Light Dressing  <b>100% Grape Juice</b>  Assorted Fruit
 <b>Deli</b>	<p><b>Start With:</b> Assorted <b>Whole Grain Breads, Rolls, &amp; Wraps</b></p> <p><b>Add:</b> Assorted Meats, Cheeses, <b>Homemade Egg Salad, Homemade Chicken Salad</b></p> <p><b>Top With:</b> Mustard, Mayo, Salad Dressing</p> <p><b>Finish With:</b> Lettuce, Tomato, Sliced Red Onions</p>				
 <b>Salad</b>	<p><b>Start With:</b> Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, <b>Sliced Local Button</b> <b>Mushrooms, Sliced Radishes, Fresh Jicama</b></p> <p><b>Top With:</b> Shredded Cheddar</p> <p><b>Add On:</b> Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans</p> <p><b>Finish With:</b> <b>Caesar Chicken, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</b></p>				



# SIMPLY GOOD

## Ellington Lunch Menu

September 14-18

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/ 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! All of our chicken is antibiotic (ABF) free!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>International</b></p>	<p><b>Burrito or Hard Shell Taco</b></p> <p>Turkey Taco Meat Spicy Chicken Fiesta Black Beans Cilantro Brown Rice Corn Salsa Pico De Gallo</p>	<p>Korean Bibimbap Chicken w/ Pineapple Ginger Brown Rice</p>	<p><b>Burrito, Salad Bowl or Nachos</b></p> <p>Turkey Taco Meat Cilantro Lime Chicken Veggie Refried Beans Spanish Brown Rice Corn Salsa Pico de Gallo</p>	<p><b>Lo Mein Noodles</b> Ginger Lime Chicken Veggie Patty Shredded Carrots Diced Cucumber Shaved Onions Pineapple Tidbits</p>	<p>Pescada a la Mexicana (Mexican Style Baked Fish) w/Spanish Brown Rice</p>
 <p><b>Pizza</b></p> <p>All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts &amp; All of the Cheese Used is Local!</p>	<p>Pizza Chef is Off Today!</p>	<p><b>Homemade Pizza on Whole Grain Crust</b> Hawaiian Pizza w/Turkey Ham &amp; Pineapple Veggie Lovers Pizza Tasty Cheesy Pizza</p>	<p>Off Again Today!</p>	<p>Off Again Today!</p>	<p><b>Homemade Pizza on Whole Grain Crust</b> Spicy Chicken Pizza Veggie Lovers Pizza Tasty Cheesy Pizza</p>
 <p><b>Grill</b></p>	<p>Chicken Nuggets w/ Mumbo Sauce and Whole Grain Roll</p>	<p>Toasted Two Cheese Sandwich</p>	<p>Turkey Hot Dog on Whole Grain Bun w/ Toppings</p>	<p>Charbroiled Cheeseburger on Whole Grain Bun w/ Lettuce &amp; Tomato Garnish</p>	<p>Grilled Chicken Sandwich on Whole Grain Bun w/Lettuce &amp; Tomato Garnish</p>
 <p><b>Outtakes</b></p>	<p>Garden Salad w/ Romaine, Tomatoes, Cheese &amp; Whole Grain Garlic Bun</p>	<p>Turkey Pastrami on Whole Grain Roll w/ Mustard</p>	<p>Mexican Corn Salad w/ Black Beans &amp; Whole Grain Tortilla Chips</p>	<p>Turkey Ranch Wrap</p>	<p>Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese &amp; Whole Grain Garlic Roll</p>
 <p><b>Sides</b></p>	<p>Roasted Broccoli Baby Carrots w/ Light Dressing Fresh Local Apple Assorted Fruit</p>	<p>Green Beans Italiano Fresh Celery w/ Light Dressing Pineapple Cup Assorted Fruit</p>	<p>Seasoned Carrots Fresh Romaine and Tomato Side Salad Fresh Orange Assorted Fruit</p>	<p>Baked Beans Vegetarian Bean Dip w/Tortilla Chips Fresh Banana Assorted Fruit</p>	<p>Mexican Corn Baby Carrots w/ Light Dressing 100% Grape Juice Assorted Fruit</p>
 <p><b>Deli</b></p>	<p><b>Start With:</b> Assorted Whole Grain Breads, Rolls, &amp; Wraps <b>Add:</b> Assorted Meats, Cheeses, Homemade Egg Salad, Homemade Chicken Salad <b>Top With:</b> Mustard, Mayo, Salad Dressing <b>Finish With:</b> Lettuce, Tomato, Sliced Red Onions</p>				
 <p><b>Salad</b></p>	<p><b>Start With:</b> Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama <b>Top With:</b> Shredded Cheddar <b>Add On:</b> Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans <b>Finish With:</b> Chili Lime Chicken, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</p>				



# SIMPLY GOOD

## Ellington Lunch Menu

September 21-25

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/ 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! All of our chicken is antibiotic (ABF) free!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>International</b>	<b>Burrito or Hard Shell Taco</b> Turkey Taco Meat Spicy Chicken Fiesta Black Beans Cilantro Brown Rice Corn Salsa Pico De Gallo	Caribbean Jerk Chicken w/ Brown Rice	<b>Burrito, Salad or Nachos</b> Turkey Taco Meat Bean & Cheese Burrito Veggie Refried Beans Spanish Brown Rice Corn Salsa Pico de Gallo	<b>Chicken Lettuce Wraps</b> <b>Lo Mein Noodles</b> Veggie Patty Shredded Carrots Diced Cucumber Shaved Onions Pineapple Tidbits	Korean Bibimbap <b>Chicken w/ Pineapple</b> Ginger Brown Rice
 <b>Pizza</b> All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts & All of the Cheese Used is Local!	Pizza Chef is Off Today!	<b>Homemade Pizza on Whole Grain Crust</b> Hawaiian Pizza w/Turkey Ham & Pineapple Veggie Lovers Pizza Tasty Cheesy Pizza	Off Again Today!	Off Again Today!	<b>Homemade Pizza on Whole Grain Crust</b> Spicy Chicken Pizza Veggie Lovers Pizza Tasty Cheesy Pizza
 <b>Grill</b>	<b>Chicken Nuggets w/ Mumbo Sauce and Whole Grain Roll</b>	Toasted Two Cheese Sandwich	<b>Turkey Hot Dog on Whole Grain Bun w/ Toppings</b>	Charbroiled Cheeseburger on Whole Grain Bun w/ Lettuce & Tomato Garnish	<b>Grilled Chicken Sand- wich on Whole Grain Bun w/Lettuce &amp; Tomato Garnish</b>
 <b>Outtakes</b>	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Turkey Pastrami on Whole Grain Roll w/ Mustard	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Ranch Wrap	<b>Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese &amp; Whole Grain Garlic Roll</b>
 <b>Sides</b>	Sweet Green Peas Fresh Broccoli w/ Light Dressing <b>Fresh Local Apple</b> Assorted Fruit	<b>Fresh Local Country Collard Greens</b> Fresh Baby Carrots w/ Light Dressing Pineapple Cup Assorted Fruit	Garlic Lemon Broccoli Fresh Celery Sticks w/ Light Dressing Fresh Orange Assorted Fruit	Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing Fresh Banana Assorted Fruit	Seasoned Carrots Fresh Cucumber Coins <b>100% Grape Juice</b> Assorted Fruit
 <b>Deli</b>	<b>Start With:</b> Assorted Whole Grain Breads, Rolls, & Wraps <b>Add:</b> Assorted Meats, Cheeses, <b>Homemade Egg Salad, Homemade Chicken Salad</b> <b>Top With:</b> Mustard, Mayo, Salad Dressing <b>Finish With:</b> Lettuce, Tomato, Sliced Red Onions				
 <b>Salad</b>	<b>Start With:</b> Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, <b>Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama</b> <b>Top With:</b> Shredded Cheddar <b>Add On:</b> Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans <b>Finish With:</b> <b>Buffalo Chicken, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</b>				



# SIMPLY GOOD

## Ellington Lunch Menu

September 28 - Oct 2

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/ 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! All

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>International</b></p>	<b>Burrito or Hard Shell Taco</b> Turkey Taco Meat Cilantro Lime Chicken Fiesta Black Beans Cilantro Brown Rice Corn Salsa Pico De Gallo	<b>Teriyaki Chicken</b> w/ Ginger Lime Brown Rice	<b>Burrito, Salad Bowl or Nachos</b> Turkey Taco Meat Cilantro Lime Chicken Veggie Refried Beans Spanish Brown Rice Corn Salsa Pico de Gallo	<b>Lo Mein Noodles</b> Ginger Lime Chicken Veggie Patty Shredded Carrots Diced Cucumber Diced Onion Pineapple Tidbits Fresh Cilantro	Rachel Ray's Yum-O <b>Capitol City Chicken</b> w/ Whole Grain Biscuit
 <p><b>Pizza</b></p> <p>All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts &amp; All of the Cheese Used is Local!</p>	Pizza Chef is Off Today!	<b>Homemade Pizza on Whole Grain Crust</b> Hawaiian Pizza w/Turkey Ham & Pineapple Veggie Lovers Pizza Tasty Cheesy Pizza	Off Again Today!	Off Again Today!	<b>Homemade Pizza on Whole Grain Crust</b> Spicy Chicken Pizza Veggie Lovers Pizza Tasty Cheesy Pizza
 <p><b>Grill</b></p>	<b>Chicken Nuggets</b> w/ Mumbo Sauce and Whole Grain Roll	Toasted Two Cheese Sandwich	<b>Turkey Hot Dog</b> on Whole Grain Bun w/ Toppings	Charbroiled Cheeseburger on Whole Grain Bun w/ Lettuce & Tomato Garnish	<b>Grilled Chicken Sandwich</b> on Whole Grain Bun w/Lettuce & Tomato Garnish
 <p><b>Outtakes</b></p>	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Turkey Pastrami on Whole Grain Roll w/ Mustard	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Ranch Wrap	<b>Barbecue Chicken Salad</b> w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 <p><b>Sides</b></p>	Baked Plantains Fresh Broccoli w/ Light Dressing Fresh Local Apple Assorted Fruit	Fiesta Black Beans Fresh Baby Carrots w/ Light Dressing Pineapple Cup Assorted Fruit	Green Beans Italiano Fresh Local Tuscan Kale Salad Fresh Orange Assorted Fruit	Baked Beans Fresh Baby Carrots w/ Light Dressing Fresh Banana Assorted Fruit	Local Fresh Baked Sweet Potato w/Cinnamon Fresh Celery Sticks w/ Light Dressing 100% Grape Juice Assorted Fruit
 <p><b>Deli</b></p>	<b>Start With:</b> Assorted Whole Grain Breads, Rolls, & Wraps <b>Add:</b> Assorted Meats, Cheeses, Homemade Egg Salad, Homemade Chicken Salad <b>Top With:</b> Mustard, Mayo, Salad Dressing <b>Finish With:</b> Lettuce, Tomato, Sliced Red Onions				
 <p><b>Salad</b></p>	<b>Start With:</b> Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama <b>Top With:</b> Shredded Cheddar <b>Add On:</b> Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans <b>Finish With:</b> Diced Turkey Ham, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks				