

# WE ♥ CRUCIFEROUS VEGETABLES

**SIMPLY GOOD**

## High School Lunch Cycle Menu with Salad Bar

Feb 29 – Mar 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 (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! All of our chicken is antibiotic free (ABF)!

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 w/ Light Dressing Pineapple Cup Assorted Fresh Fruit	Green Beans Italiano Fresh Celery Sticks w/ Light Dressing Fresh Orange Assorted Fresh Fruit	Sweet Potato Fries Fresh Cucumber Coins w/Light Dressing Fresh Banana Assorted Fresh Fruit	Baked Beans Fresh Baby Carrots w/Light Dressing 100% Grape Juice Assorted Fresh Fruit
 Self-Serve Salad Bar Available Daily	<p><b>Start With:</b> Fresh Romaine Mix, Spinach, Fresh Cucumbers, Shredded Fresh Carrots, Fresh Tomatoes, Edamame</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> Buffalo Chicken, Sliced Eggs, Garlic Croutons, 2 Garlic Breadsticks</p>				

# National School Breakfast Week



March 7-11, 2016



## High School Lunch Cycle Menu with Salad Bar

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

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<b>NATIONAL SCHOOL BREAKFAST WEEK</b>					
 Favorite Comfort Foods & International Flavors	Chicken Nuggets with Mumbo or Ranch Sauce and Cornbread	Veggie Chili with a Biscuit	<u>Turkish Food Day</u> Turkey Meatballs with Onions and Peppers & Garlic Bun	Cheeseburger w/Lettuce & Tomato Garnish	<i>Chicken Drumstick &amp; Waffle w/Syrup</i>
 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	Buffalo Chicken Wrap	Toasted Two Cheese Sandwich	<b>Gözleme</b> (Savory Turkish Flatbread) filled with Kale and Mozzarella Cheese	Teriyaki Veggie Burger	<i>Cheese Omelet &amp; Waffle w/Syrup</i>
 Grab & Go Cold Sandwiches and Salads	Garden Salad with Romaine, Tomatoes, Cheese & Garlic Bun	Turkey Salami Sandwich w/ Mustard	Mexican Corn Salad with Black Beans & Whole Grain Tortilla Chips	Turkey Ranch Wrap	Barbecue Chicken Salad with Romaine, Tomatoes, Cheese & Garlic Roll
 Hot & Cold Sides Available at All Stations	Fiesta Black Beans Fresh Baby Carrots w/Light Dressing  Fresh Local Apple Assorted Fresh Fruit	Glazed Carrots Fresh Cucumber Coins  Pineapple Cup Assorted Fresh Fruit	Turkish Green Beans Shepard's Tomato & Cucumber Salad  Fresh Orange Assorted Fresh Fruit	Garlic Lemon Broccoli Fresh Local Tuscan Kale Salad  Fresh Banana Assorted Fresh Fruit	<i>Fresh Roma Roasted Local Red Potatoes Fresh Celery Sticks w/ Light Dressing 100% Orange Juice Assorted Fresh Fruit</i>
 Self-Serve Salad Bar Available Daily	<p><b>Start With:</b> Fresh Romaine Mix, Spinach, Fresh Cucumbers, Shredded Fresh Carrots, Fresh Tomatoes, Edamame</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> Diced Turkey Ham, Sliced Eggs, Garlic Croutons, 2 Garlic Breadsticks</p>				

# WE ♥ CRUCIFEROUS VEGETABLES

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## High School Lunch Cycle Menu with Salad Bar

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

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Veggie Chili with Cornbread	Beef Meatball Sub with Marinara & Mozzarella on a Sub	Korean Bibimbap Chicken with Ginger Lime Brown Rice	Mozzarella Pizza Melt	Ukrainian Chicken Breast 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	Pizza Burger	Cheese and Yogurt Plate
 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	Turkey Ranch Wrap	Barbecue Chicken Salad with Romaine, Tomatoes, Cheese & Garlic Roll
 Hot & Cold Sides Available at All Stations	Mashed Potatoes with Gravy Fresh Cucumber & Tomato Salad Fresh Local Apple Assorted Fresh Fruit	Baked Beans Fresh Broccoli w/ Light Dressing Pineapple Cup Assorted Fresh Fruit	Seasoned Carrots Fresh Celery Sticks w/Light Dressing Fresh Orange Assorted Fresh Fruit	Sweet Potato Fries Fresh Local Kale Caesar Salad Fresh Banana Assorted Fresh Fruit	Roasted Broccoli Fresh Baby Carrots w/Light Dressing 100% Grape Juice Assorted Fresh Fruit
 Self-Serve Salad Bar Available Daily	<p><b>Start With:</b> Fresh Romaine Mix, Spinach, Fresh Cucumbers, Shredded Fresh Carrots, Fresh Tomatoes, Edamame</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> Caesar Chicken, Sliced Eggs, Garlic Croutons, 2 Garlic Breadsticks</p>				

# WE ♥ CRUCIFEROUS VEGETABLES

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## High School Lunch Cycle Menu with Salad Bar

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

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Veggie Lo Mein	Spaghetti with Turkey Meatballs	Steak and Cheese Sub	<b>Australian Food Day</b>  Shepard's Pie with Turkey & Mashed Potatoes & Savory Scone	Mac-N-Cheese with 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 with Mumbo or Ranch Sauce and Cornbread	Toasted Two Cheese Sandwich	Turkey Hot Dog w/Toppings	Australian Vegetable Curry & Savory Scone	Tuna Salad Melt
 Grab & Go Cold Sandwiches and Salads	Turkey Ranch Wrap	Turkey Salami Sandwich with Mustard	Mexican Corn Salad with Black Beans & Tortilla Chips	Garden Salad with Romaine, Tomatoes, Cheese & Garlic Bun	Barbecue Chicken Salad with Romaine, Tomatoes, Cheese & Garlic Roll
 Hot & Cold Sides Available at All Stations	Southwest Pinto Beans  Fresh Local Tuscan Kale Salad  Fresh Local Apple Assorted Fresh Fruit	Green Beans Italiano  Fresh Baby Carrots w/ Light Dressing  Pineapple Cup Assorted Fresh Fruit	Roasted Corn & Carrots  Fresh Celery Sticks w/Light Dressing  Fresh Orange Assorted Fresh Fruit	Seasoned Green Peas  Australian Coleslaw  Fresh Banana Assorted Fresh Fruit	Seasoned Carrots  Fresh Romaine and Tomato Salad  100 % Grape Juice Assorted Fresh Fruit
 Self-Serve Salad Bar Available Daily	<p><b>Start With:</b> Fresh Romaine Mix, Spinach, Fresh Cucumbers, Shredded Fresh Carrots, Fresh Tomatoes, Edamame</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> Chili Lime Chicken, Sliced Eggs, Garlic Croutons, 2 Garlic Breadsticks</p>				