



High School Lunch Cycle Menu with Salad Bar & Deli Bar

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	Mac-N-Cheese w/ Dinner Roll	Rotini Pasta w/ Turkey Meat Sauce OR Rotini w/Marinara sauce & Mozzarella Cheese	Haitian Style Fish w/Red Beans & Brown Rice	Cheeseburger	PROFESSIONAL DEVELOPMENT DAY NO SCHOOL
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Hawaiian	Off Again Today!	Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Spicy Chicken	
 Tasty Hand-Held Hot Sandwiches	Buffalo Chicken Wrap	Chicken Salad Sandwich	Gözleme (Savory Turkish Flatbread filled with Kale & Mozzarella Cheese)	Teriyaki Veggie Burger	
 Grab & Go Cold Sandwiches and Salads	BBQ Chicken Salad w/Romaine Lettuce, Black Beans, and Mozzarella Cheese w/ Garlic Bun	Assorted Deli Meat Sandwich on Whole Grain Roll	Chef Salad w/Fresh Romaine, Turkey Ham, Cheese & Garlic Bun	Southwest Chicken Salad w/ Romaine, Corn, Black Beans w/ Garlic Bun	
 Hot & Cold Sides Available at All Stations	Seasoned Corn Fresh Baby Carrots Fresh Local Apple Assorted Fresh Fruit	Glazed Carrots Fresh Broccoli Florets Pineapple Cup Assorted Fresh Fruit	Baked Beans Fresh Local Kale Caesar Salad Fresh Orange Assorted Fresh Fruit	Green Beans Italiano Fresh Romaine & Tomato Salad Fresh Banana Assorted Fresh Fruit	
 Self-Serve Deli Bar Available Daily	Start with Grains: Assorted Breads, Rolls, & Wraps Add on Veggies: Lettuce, Tomato, Sliced Red Onions Add on Protein: Assorted Meats, Cheeses, Homemade Egg Salad , or Homemade Chicken Salad Top With: Mustard, Mayo, or Salad Dressing				
 Self-Serve Salad Bar Available Daily	Start With: Fresh Romaine Mix, Spinach Add On Veggies: Fresh Cucumbers, Shredded Fresh Carrots, Sweet Corn, Fresh Red Onions, Fresh Tomatoes, Edamame Finish with Protein: Diced Turkey Ham, Sliced Eggs , Black Beans, Spicy Garbanzo Beans, Shredded Cheddar Grain: Garden Pasta Salad, Garlic Croutons or 2 Garlic Breadsticks				



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Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Chicken Nuggets w/ Mumbo Sauce and Cornbread	Mac-N-Cheese w/Dinner Roll	URUGUAY FOOD DAY  Meat Tart with Mashed Sweet Potatoes & Garlic Bun	Veggie Chili w/ Cornbread	Chicken Drumstick and Waffle
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	Homemade Pizza Cheese Veggie Lovers Hawaiian	Off Again Today!	And Yet Again!	Homemade Pizza Cheese Veggie Lovers Spicy Chicken
 Tasty Hand-Held Hot Sandwiches	Tuna Salad Melt	Turkey Meatball Sub with Marinara & Mozzarella on a Sub	Vegetable Tart w/Mozzarella and Kale	Parmesan Chicken Sandwich	Egg Patty and Waffle
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/Fresh Romaine, Tomatoes, Local Cucumber , Cheese, and Garlic Bun	Assorted Deli Meat Sandwich on Whole Grain Roll	Turkey Ham, Cheese, Lettuce, Tomato Sandwich with Mustard	Southwest Chicken Salad w/ Romaine, Corn, Black Beans w/ Garlic Bun	Chef Salad w/Fresh Romaine, Turkey Ham, Cheese & Garlic Bun
 Hot & Cold Sides Available at All Stations	Roasted Broccoli Fresh Baby Carrots Fresh Local Apple Assorted Fresh Fruit	Southwest Pinto Beans Homemade Confetti Coleslaw Pineapple Cup Assorted Fresh Fruit	Sweet Potato Fries Fresh Cucumber Coins Fresh Orange Assorted Fresh Fruit	Seasoned Carrots Fresh Local Tuscan Kale Salad Fresh Banana Assorted Fresh Fruit	Fresh Roma Roasted Local Red Potatoes Fresh Celery Sticks 100% Fruit Punch Assorted Fresh Fruit
 Self-Serve Deli Bar Available Daily	Start with Grains: Assorted Breads, Rolls, & Wraps Add on Veggies: Lettuce, Tomato, Sliced Red Onions Add on Protein: Assorted Meats, Cheeses, Homemade Egg Salad , or Homemade Chicken Salad Top With: Mustard, Mayo, or Salad Dressing				
 Self-Serve Salad Bar Available Daily	Start With: Fresh Romaine Mix, Spinach Add On Veggies: Fresh Cucumbers, Shredded Fresh Carrots, Sweet Corn, Fresh Red Onions, Fresh Tomatoes, Edamame Finish with Protein: Caesar Chicken, Sliced Eggs , Black Beans, Spicy Garbanzo Beans, Shredded Cheddar Grain: Garden Pasta Salad, Garlic Croutons or 2 Garlic Breadsticks				



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 Favorite Comfort Foods & International Flavors	Cheeseburger with Lettuce & Tomato Garnish	Rotini Pasta w/Turkey Meat Sauce OR Rotini w/Marinara Sauce & Mozzarella Cheese	Pulled Turkey & Gravy Sandwich w/ Cranberry Sauce	Haitian Style Fish w/Red Beans & Brown Rice	Spicy Asian Chicken w/Ginger Lime Brown Rice
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	Homemade Pizza Cheese Veggie Lovers Hawaiian	Off Again Today!	And Yet Again!	Homemade Pizza Cheese Veggie Lovers Spicy Chicken
 Tasty Hand-Held Hot Sandwiches	Teriyaki Veggie Burger	Tuna Salad Melt	Turkey Meatball Sub with Marinara & Mozzarella on a Sub	Gözleme (Savory Turkish Flatbread filled with Kale & Mozzarella Cheese)	Mozzarella Pizza Melt
 Grab & Go Cold Sandwiches and Salads	BBQ Chicken Salad w/Romaine Lettuce, Black Beans, and Mozzarella Cheese w/Garlic Bun	Assorted Deli Meat Sandwich on Whole Grain Roll	Garden Salad w/Fresh Romaine, Tomatoes, Local Cucumber , Cheese, and Garlic Bun	Southwest Chicken Salad w/ Romaine, Corn, Black Beans w/ Garlic Bun	Turkey and Cheese Sub w/Fresh Lettuce and Tomato
 Hot & Cold Sides Available at All Stations	Baked Beans Homemade Confetti Coleslaw Fresh Local Apple Assorted Fresh Fruit	Green Beans Italiano Fresh Baby Carrots Pineapple Cup Assorted Fresh Fruit	Mashed Potatoes w/Turkey Gravy 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% Fruit Punch Assorted Fresh Fruit
 Self-Serve Deli Bar Available Daily	Start with Grains: Assorted Breads, Rolls, & Wraps Add on Veggies: Lettuce, Tomato, Sliced Red Onions Add on Protein: Assorted Meats, Cheeses, Homemade Egg Salad , or Homemade Chicken Salad Top With: Mustard, Mayo, or Salad Dressing				
 Self-Serve Salad Bar Available Daily	Start With: Fresh Romaine Mix, Spinach Add On Veggies: Fresh Cucumbers, Shredded Fresh Carrots, Sweet Corn, Fresh Red Onions, Fresh Tomatoes, Edamame Finish with Protein: Chili Lime Chicken, Sliced Eggs , Black Beans, Spicy Garbanzo Beans, Shredded Cheddar Grain: Garden Pasta Salad, Garlic Croutons or 2 Garlic Breadsticks				



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Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	NO SCHOOL 	Chicken Nuggets w/ Mumbo Sauce and Cornbread	Ukrainian Chicken Breast w/ Garlic Bun	Veggie Stir Fry	Capital City Chicken Drumstick w/Garlic Bun
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts		Homemade Pizza Cheese Veggie Lovers Hawaiian	Off Again Today!	And Yet Again!	Homemade Pizza Cheese Veggie Lovers Spicy Chicken
 Tasty Hand-Held Hot Sandwiches		Tuna Salad Melt	Turkey Meatball Sub with Marinara & Mozzarella on a Sub	Parmesan Chicken Sandwich	Uruguay Vegetable Tart w/ Mozzarella and Kale
 Grab & Go Cold Sandwiches and Salads		Garden Salad w/Fresh Romaine, Tomatoes, Local Cucumber, Cheese, and Garlic Bun	Chef Salad w/Fresh Romaine, Turkey Ham, Cheese & Garlic Bun	Southwest Chicken Salad w/ Romaine, Corn, Black Beans w/Dinner Roll	Turkey and Cheese Sub w/Fresh Lettuce and Tomato
 Hot & Cold Sides Available at All Stations		Seasoned Carrots Fresh Cucumber & Tomato Salad Pineapple Cup Assorted Fresh Fruit	Roma Roasted Red Potatoes Fresh Local Kale Caesar Salad Fresh Orange Assorted Fresh Fruit	Local Country Collard Greens Fresh Celery Sticks Fresh Banana Assorted Fresh Fruit	Southwestern Pinto Beans Fresh Baby Carrots 100% Fruit Punch Assorted Fresh Fruit
 Self-Serve Deli Bar Available Daily		MANAGERS CHOICE			
 Self-Serve Salad Bar Available Daily	MANAGERS CHOICE COMPLETE WITH GREENS, VEGGIES, PROTEIN AND A GRAIN				