



SWOW Lunch Menu with Salad Bar

November 2 - 6

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, 1 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	Hot Meatball Sub w/Beef Meatballs on Whole Grain Roll	Ukrainian Chicken w/ Whole Grain Garlic Bun	Barbecue Turkey on Whole Grain Bun	Italian Bagel	Teriyaki Chicken w/Ginger Lime Brown Rice
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	Homemade Cheese Pizza on Whole Grain Crust	Off Again Today!	And Yet Again!	Homemade Cheese Pizza on Whole Grain Crust
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/Toppings	Charbroiled Cheeseburger on Whole Grain Bun w/Lettuce and Tomato Garnish	Spicy Chicken Sandwich on Whole Grain Bun
 Self-Serve Salad Bar Available Daily	<p>Start With: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama</p> <p>Top With: Shredded Cheddar</p> <p>Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans</p> <p>Finish With: Caesar Chicken, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</p>				
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Ham on Whole Grain Roll w/ Mustard	Mexican Corn Salad w/Black Beans & Whole Grain Tortilla Chips	Homemade Chicken Salad on Whole Grain Bread	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 Hot & Cold Sides Available at All Stations	Sweet Potato Mash Fresh Cucumber Tomato Salad Fresh Local Apple Assorted Fruit	Fresh Roma Roasted Local Red Potatoes Vegetarian Bean Dip w/Homemade Tortilla Chips Pineapple Cup Assorted Fruit	Glazed Carrots Fresh Broccoli w/Light Dressing Fresh Orange Assorted Fruit	Southwest Pinto Beans Fresh Celery Sticks w/Light Dressing Fresh Banana Assorted Fruit	Roasted Broccoli Fresh Baby Carrots w/Light Dressing 100% Grape Juice Assorted Fruit



SIMPLY GOOD



SWOW Lunch Menu with Salad Bar

November 9 - 13

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, 1 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	Korean Bibimbap Chicken w/Ginger Lime Brown Rice	Whole Grain Spaghetti w/Beef Meatballs	Veterans Day No School	Toasted Two Cheese Sandwich on Whole Grain Bread	Pescada a la Mexicana (Mexican Style Baked Fish) w/Spanish Brown Rice*
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	Homemade Cheese Pizza on Whole Grain Crust		And Yet Again!	Homemade Cheese Pizza on Whole Grain Crust
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread	Toasted Two Cheese Sandwich on Whole Grain Bread		Santa Fe Burger on Whole Grain Bun	Spicy Chicken Sandwich on Whole Grain Bun
 Self-Serve Salad Bar Available Daily	<p>Start With: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama</p> <p>Top With: Shredded Cheddar</p> <p>Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans</p> <p>Finish With: Chili Lime Chicken, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</p>				
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Salami on Whole Grain Roll w/ Mustard		Homemade Chicken Salad on Whole Grain Bread	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 Hot & Cold Sides Available at All Stations	Glazed Carrots Fresh Celery Sticks w/Light Dressing Fresh Local Apple Assorted Fruit	Roasted Broccoli Fresh Baby Carrots w/Light Dressing Pineapple Cup Assorted Fruit		Baked Beans Fresh Homemade Confetti Cole Slaw Fresh Banana Assorted Fruit	Mexican Corn Fresh Baby Carrots w/Light Dressing 100% Grape Juice Assorted Fruit



SWOW Lunch Menu with Salad Bar

November 16 - 20

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Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Chicken Taco	Spicy Asian Chicken w/Brown rice	Whole Grain Rotini w/Turkey Meat Sauce	Vegetarian Stir Fry	Panes Rellenos (Salvadoran Chicken Torta)
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	Homemade Cheese Pizza on Whole Grain Crust	Off Again Today!	And Yet Again!	Homemade Cheese Pizza on Whole Grain Crust
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on a Whole Grain Bun w/Toppings	Pizza Burger on Whole Grain Bun	Spicy Chicken Sandwich on Whole Grain Bun
 Self-Serve Salad Bar Available Daily	<p>Start With: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama</p> <p>Top With: Shredded Cheddar</p> <p>Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans</p> <p>Finish With: Buffalo Chicken, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</p>				
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Salami on Whole Grain Roll w/ Mustard	Mexican Corn Salad w/Black Beans & Whole Grain Tortilla Chips	Homemade Chicken Salad on Whole Grain Bread	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 Hot & Cold Sides Available at All Stations	Local Country Collard Greens Fresh Baby Carrots w/Light Dressing Fresh Local Apple Assorted Fruit	Sweet Green Peas Fresh Broccoli w/Light Dressing Pineapple Cup Assorted Fruit	Green Beans Italiano 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 Broccoli w/ Light Dressing 100% Grape Juice Assorted Fruit



SIMPLY GOOD



SWOW Lunch Menu with Salad Bar

November 23 - 27

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Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Hot Turkey Meatball Sub on Whole Grain Bun	Sliced Turkey w/ Gravy Cornbread Stuffing Cranberry Sauce	Haitian Style Fish w/ Creole Rice and Beans	Happy Thanksgiving!	Thanksgiving Friday
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	Homemade Cheese Pizza on Whole Grain Crust	Off Again Today!		No School
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/Toppings		
 Self-Serve Salad Bar Available Daily	<p>Start With: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama</p> <p>Top With: Shredded Cheddar</p> <p>Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans</p> <p>Finish With: Diced Turkey Ham, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</p>				
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Salami on Whole Grain Roll w/ Mustard	Mexican Corn Salad w/Black Beans & Whole Grain Tortilla Chips		
 Hot & Cold Sides Available at All Stations	Vegetarian Bean Dip w/Homemade Tortilla Chips Fresh Homemade Confetti Coleslaw Fresh Local Apple Assorted Fruit	Mashed Potatoes w/ Gravy Fresh Celery w/ Light Dressing Pineapple Cup Assorted Fruit	Glazed Carrots Fresh Local Tuscan Kale Salad Fresh Orange Assorted Fruit		