



SWOW Lunch Menu with Salad Bar

Aug 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, 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	Homemade Cheese Pizza on Whole Grain Crust	Spicy Asian Chicken w/ Brown Rice	Whole Grain Rotini w/ Turkey Meat Sauce	Vegetarian Stir Fry	Korean Bibimbap Chicken w/ Ginger Lime Brown Rice
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread Made from Fresh Local Eggs!	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/Toppings Bar	Charbroiled Cheese burger on Whole Grain Bun w/Lettuce & 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: Buffalo Chicken, Sliced Eggs, Garlic Croutons, Whole Grain Garlic Breadsticks</p>				
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Homemade Chicken Salad on Whole Grain Bread	Mexican Corn Salad w/Black Beans & Whole Grain Tortilla Chips	Turkey Pastrami on Whole Grain Roll w/ Mustard	Homemade Egg Salad Sandwich on Whole Grain Bread Made from Fresh Local Eggs!!
 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

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, 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	Hot Turkey Meatball Sub on Whole Grain Bun	Open Face Turkey Sandwich on Whole Grain Bread w/Gravy	Haitian Style Fish w/ Creole Rice and Beans	Homemade Whole Grain Mac & Cheese	Homemade Cheese Pizza on Whole Grain Crust
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread Made from Fresh Local Eggs!	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/Toppings Bar	Pizza Burger Whole Grain Bun	Spicy Chicken Sandwich on Whole Grain Bun
 Self-Serve Salad Bar Available Daily	Start With: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms , Sliced Radishes, Fresh Jicama Top With: Shredded Cheddar Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans Finish With: Diced Turkey Ham, Sliced Eggs , Garlic Croutons , Whole Grain Garlic Breadsticks				
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Homemade Chicken Salad on Whole Grain Bread	Mexican Corn Salad w/Black Beans & Whole Grain Tortilla Chips	Turkey Pastrami on Whole Grain Roll w/ Mustard	Homemade Egg Salad Sandwich on Whole Grain Bread Made from Fresh Local Eggs!!
 Hot & Cold Sides Available At All Stations	Local Fresh Baked Sweet Potato w/Cinnamon 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	Garlic Lemon Broccoli Fresh Cucumber & Tomato Salad Fresh Banana Assorted Fruit	Fiesta Black Beans Fresh Baby Carrots w/ Light Dressing 100% Grape Juice Assorted Fruit





SWOW Lunch Menu with Salad Bar

Sept 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, 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	Labor Day No School	Ukrainian Chicken w/ Whole Grain Garlic Bun	Barbecue Turkey on Whole Grain Bun	Homemade Cheese Pizza on Whole Grain Crust	Teriyaki Chicken w/ Ginger Lime Brown Rice
 Tasty Hand-Held Hot Sandwiches	Labor Day No School	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on a Whole Grain Bun w/Toppings Bar	Santa Fe Burger Whole Grain Bun	Spicy Chicken Sandwich on Whole Grain Bun
 Self-Serve Salad Bar Available Daily	Start With: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama Top With: Shredded Cheddar Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans Finish With: Caesar Chicken, Sliced Eggs, Garlic Croutons, Whole Grain Garlic Breadsticks				
 Grab & Go Cold Sandwiches and Salads	Labor Day No School	Homemade Chicken Salad on Whole Grain Bread	Mexican Corn Salad w/Black Beans & Whole Grain Tortilla Chips	Turkey Pastrami on Whole Grain Roll w/ Mustard	Homemade Egg Salad Sandwich on Whole Grain Bread Made from Fresh Local Eggs!!
 Hot & Cold Sides Available At All Stations	Labor Day No School	Fresh Roma Roasted Local Red Potatoes Fresh Broccoli 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 Fresh Baby Carrots w/ Light Dressing 100% Grape Juice Assorted Fruit

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SWOW Lunch Menu with Salad Bar

Sept 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, 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	Panes Rellenos (Salvadoran Chicken Torta)	Whole Grain Spaghetti w/ Turkey Meatballs	Buffalo Chicken Wrap	Homemade Cheese Pizza on Whole Grain Crust	Pescada a la Mexicana (Mexican Style Baked Fish) w/ Spanish Brown Rice
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread Made from Fresh Local Eggs!	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/ Toppings Bar	Cheeseburger on Whole Grain Bun w/ Lettuce & 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: Chili Lime Chicken, Sliced Eggs, Garlic Croutons, Whole Grain Garlic Breadsticks</p>				
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Homemade Chicken Salad on Whole Grain Bread	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Turkey Pastrami on Whole Grain Roll w/ Mustard	Homemade Egg Salad Sandwich on Whole Grain Bread Made from Fresh Local Eggs!!
 Hot & Cold Sides Available At All Stations	Roasted Broccoli Fresh Baby Carrots w/ Light Dressing Fresh Local Apple Assorted Fruit	Green Beans Italiano Fresh Celery Sticks w/ Light Dressing Pineapple Cup Assorted Fruit	Seasoned Carrots Fresh Romaine and Tomato Side Salad Fresh Orange Assorted Fruit	Baked Beans Vegetarian Bean Dip w/ Homemade Tortilla Chips Fresh Banana Assorted Fruit	Mexican Corn Fresh Baby Carrots w/ Light Dressing 100% Grape Juice Assorted Fruit

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SIMPLY GOOD

SWOW Lunch Menu with Salad Bar

Sept 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, 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	Spicy Asian Chicken w/Brown Rice	Homemade Cheese Pizza on Whole Grain Crust	Whole Grain Rotini w/ Turkey Meat Sauce	Vegetarian Stir Fry	Korean Bibimbap Chicken w/ Ginger Lime Brown Rice
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread Made from Fresh Local Eggs!	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/Toppings Bar	Charbroiled Cheeseburger on Whole Grain Bun w/Lettuce & Tomato Garnish	Spicy Chicken Sandwich on Whole Grain Bun
 Self-Serve Salad Bar Available Daily	Start With: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama Top With: Shredded Cheddar Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans Finish With: Buffalo Chicken, Sliced Eggs, Garlic Croutons, Whole Grain Garlic Breadsticks				
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Homemade Chicken Salad on Whole Grain Bread	Mexican Corn Salad w/Black Beans & Whole Grain Tortilla Chips	Turkey Pastrami on Whole Grain Roll w/ Mustard	Homemade Egg Salad Sandwich on Whole Grain Bread Made from Fresh Local Eggs!!
 Hot & Cold Sides Available At All Stations	Sweet Green Peas Fresh Broccoli w/ Light Dressing Fresh Local Apple Assorted Fruit	Local Country Collard Greens 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 100% Grape Juice Assorted Fruit

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SIMPLY GOOD

SWOW Lunch Menu with Salad Bar

Sept 28 – Oct 2

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Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International	Hot Turkey Meatball Sub on Whole Grain Bun	Open Face Turkey Sandwich on Whole Grain Bread w/Gravy	Ukrainian Style Fish w/ Whole Grain Roll	Homemade Whole Grain Mac & Cheese	Homemade Cheese Pizza on Whole Grain Crust
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread Made from Fresh Local Eggs!	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/Toppings Bar	Pizza Burger 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: Diced Turkey Ham, Sliced Eggs, Garlic Croutons, Whole Grain Garlic Breadsticks</p>				
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Homemade Chicken Salad on Whole Grain Bread	Mexican Corn Salad w/Black Beans & Whole Grain Tortilla Chips	Turkey Pastrami on Whole Grain Roll w/ Mustard	Homemade Egg Salad Sandwich on Whole Grain Bread Made from Fresh Local Eggs!!
 Hot & Cold Sides Available At All Stations	Local Fresh Baked Sweet Potato w/Cinnamon Fresh Broccoli w/ Light Dressing Fresh Local Apple Assorted Fruit	Mashed Potatoes w/ Gravy Fresh Baby Carrots w/ Light Dressing Pineapple Cup Assorted Fruit	Green Beans Italiano Fresh Local Tuscan Kale Salad Fresh Orange Assorted Fruit	Garlic Lemon Broccoli Fresh Cucumber & Tomato Salad Fresh Banana Assorted Fruit	Fiesta Black Beans Fresh Baby Carrots w/ Light Dressing 100% Grape Juice Assorted Fruit

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