

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk. Daily milk choices include skim white, 1% white, and 1% chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	<p>STUFFED PASTA BOWL:</p> <p>Low Fat Whole Wheat Cheese Ravioli Tricolor Cheese Tortellini Shredded Part Skim Mozzarella Seasoned Fresh Carrots w/ Corn Tossed Salad w/ Light Dressing Whole Wheat Toasted Garlic Bun Red Marinara Sauce Creamy Roasted Garlic Sauce Roma Herb Seasoning Blend</p>	<p>SOUTHEAST ASIAN RICE BOWL:</p> <p>Sweet and Sour Oriental Chicken Thai Pork w/Garlic and Black Pepper Steamed Brown Rice Thai Red Fried Rice Fresh Steamed Broccoli Cuts Fresh Stir Fried Veggies Sesame Breadstick Sweet and Sour Sauce Chopped Green Onion</p>	<p>BACKYARD BBQ BOWL:</p> <p>Fresh Roasted Southern Style BBQ Pork Cinnamony Sweet Potato Coins Cheesy Macaroni Made w/ Whole Wheat Pasta Confetti Coleslaw Fresh Baked Biscuit Honey BBQ Sauce Chopped Green Onion</p>	<p>MOM'S MASHED POTATO BOWL:</p> <p>Pineapple Glazed Chicken* Fresh Homemade Mashed Potatoes Bread Stuffing Made w/ Whole Wheat* Seasoned Mixed Veggies* Herbed Broccoli and Cauliflower Dinner Roll Pineapple Glaze Green Parsley</p>	<p>SIZZLING TACO SALAD BOWL:</p> <p>Spicy Taco Meat Whole Grain Baked Tortilla Shell Scoops Rice & Beans Crunchy Spinach Salad <i>Food Focus</i> Warm Baked Bananas Cinnamon Breadstick Homemade Creamy Cilantro Lime Dressing Fresh Homemade Salsa</p>
<p>Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily on Whole Wheat Buns</p>	<p>Veggie Burger on a Bun Quick Baked Herb Potatoes Fresh Romaine Lettuce & Tomato</p>	<p>Salsa Chicken Wrap Fresh Broccoli w/ Homemade Cheese Sauce Fresh Romaine Lettuce & Tomato</p>	<p>Grilled Ancho Chili Chicken & Cheddar on a Whole Wheat Bun Cinnamony Sweet Potato Coins Fresh Romaine Lettuce & Tomato</p>	<p>Chicken Cordon Bleu Wrap Fresh Homemade Mashed Potatoes Fresh Romaine Lettuce & Tomato</p>	<p>Chicken Parm Wrap* Warm Baked Apple Slices Fresh Romaine Lettuce & Tomato</p>
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese & Fresh Baked Daily on Whole Wheat Crust</p>	<p>Buffalo Chicken Pizza Pepperoni and Cheese Stromboli Tossed Salad w/ Light Dressing*</p>	<p>Pepperoni Pizza Whole Wheat Pizza Dunkers w/ Shredded Cheese & Tomato Dipping Sauce Veggie Crudites Cups</p>	<p>Veggie Lover's Pizza Broccoli & Cheese Calzone w/ Tomato Dipping Sauce Confetti Coleslaw</p>	<p>Pepperoni Pizza Triple Decker Bean Tostados w/ Salsa Tossed Salad w/ Light Dressing</p>	<p>Philly Cheesesteak Pizza Chicken Florentine Flatbread Crunchy Spinach Salad</p>
<p>Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Whole Grain Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Romaine/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Macaroni Salad</p>	<p>Made to Order SANDWICH Bar Special: Triple Decker Turkey Club on Whole Wheat</p>	<p>Made to Order SANDWICH Bar Special: Neapolitan Hero w/ Balsamic Vinaigrette* & Vegetable Pasta Salad*</p>	<p>Made to Order SALAD Bar Special: BBQ Chicken Salad w/ Toasted Flatbreads & Homemade Ranch Dressing*</p>	<p>Made to Order SANDWICH Bar Special: Honey Mustard Ham & Cheese Wrap</p>	<p>Made to Order SANDWICH Bar Special: Peanut Butter & Apple Whole Wheat Roll Ups</p>
Homemade Ranch, Honey Mustard, and Italian Vinaigrette Dressing and Olive Oil & Vinegar Available Daily					
<p>Fresh Food Fast-Packaged for Grab N' Go</p>	<p>Garden Cheese Salad w/ Whole Grain Crackers Triple Decker Turkey Club on Whole Wheat Ham & Cheese on a Kaiser Roll Spicy Chicken Wrap <i>Food Focus</i> Petite Bananas Sweet Chewy Raisins</p>	<p>Cool as A Cucumber Sesame Noodle Salad w/ Beef Neapolitan Hero w/ Balsamic Vinaigrette* & Vegetable Pasta Salad* Chicken Caesar Wrap Spicy Chicken Wrap Veggie Crudites Cups Carrot Sticks</p>	<p>Breaded Chicken Caesar Salad w/ Whole Grain Crackers BBQ Chicken Salad w/ Toasted Flatbreads & Homemade Ranch Dressing* Santa Fe Turkey and Cheddar Wrap Spicy Chicken Wrap Fresh Local Apples Confetti Coleslaw</p>	<p>Catalina Turkey Club Salad w/ Whole Grain Crackers Honey Mustard Ham & Cheese Wrap Fruit Yogurt Parfait w/ Granola Topping Spicy Chicken Wrap Veggie Pasta Salad <i>Food Focus</i> Petite Bananas*</p>	<p>Delhi Chef Salad w/ Whole Grain Crackers Peanut Butter & Apple Whole Wheat Roll Ups Buffalo Chicken Wrap Spicy Chicken Wrap Fresh Orange Wedges Creamy Carrot Raisin Pineapple Salad</p>
<p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	<p>Tossed Salad w/ Light Dressing <i>Food Focus</i> Petite Bananas* Fresh Cut Fruit in Season Carrot Sticks</p>	<p>Caesar Romaine Side Salad w/ Croutons Chilled Pineapples* Veggie Crudites Cups Sweet and Sour Celery</p>	<p>Watermelon Cubes Fresh Local Apples Chilled Fruit Crisp* Confetti Coleslaw</p>	<p>Tossed Salad w/ Light Dressing Fresh Homemade Vegetable Pasta Salad <i>Food Focus</i> Petite Bananas* Carrot Sticks</p>	<p>Tossed Salad w/ Light Dressing Fresh Orange Wedges* Creamy Carrot Raisin Pineapple Salad Crunchy Spinach Salad</p>

Menu item is made w/ whole grain

Menu item is made w/ fresh locally grown produce (actual items will vary depending on local seasonal availability)

*Menu item is offered with the complete daily Balanced Choices® Meal


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 <p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	ASIAN RICE BOWL: Korean Ribs w/Sesame Sauce Oriental Fried Rice <i>Steamed Brown Rice</i> Fresh Carrots & Onions Fresh Steamed Broccoli Cuts Crunchy Chow Mein Noodles Homemade Sesame Sauce Fresh Chopped Green Onion	MASHED POTATO BOWL: Breaded Popcorn Chicken Fresh Homemade Mashed Potatoes Seasoned Collards Roasted Carrot Fries <i>Breadstick Made w/ Whole Wheat</i> Chicken Gravy Fresh Shredded Carrot	NACHO BOWL: Spicy Turkey Taco Meat <i>Cilantro Lime Brown Rice</i> <i>Whole Grain Corn Tortilla Shell</i> Rounds Southwest Beans Mexican Corn <i>Cinnamon Breadstick</i> Fresh Homemade Salsa Shredded Cheddar	AMERICAN DINER BOWL: Roast Turkey w/ Gravy* Rice Plat w/ Orzo* Sweet Potatoes* Golden Corn Seasoned Green Beans <i>Dinner Roll*</i> Homemade Turkey Gravy Green Parsley Flakes	No School
	 <p>Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily on Whole Wheat Buns</p>	Hot Chili Burger w/ Monterey Jack on a Whole Wheat Bun Fresh Broccoli w/ Homemade Cheese Sauce Fresh Romaine Lettuce & Tomato	Whole Grain Breaded Chicken Corn Dog Nuggets w/ Biscuit Roasted Carrot Fries Fresh Romaine Lettuce & Tomato	Pizza Burger on a Whole Wheat Bun* Baked Potato* Fresh Romaine Lettuce & Tomato*	
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese & Fresh Baked Daily on Whole Wheat Crust</p>	<i>Pepperoni Pizza</i> <i>Red Hot Chicken Pizza</i> Spinach Romaine Salad w/ Strawberries	<i>Chicken Tostado Flatbread*</i> <i>Whole Wheat Pizza Bagels</i> Pinto or Kidney Bean Salad*	<i>Hawaiian Pizza</i> Ham & Cheese Hot Pocket w/ Tomato Dipping Sauce Caesar Romaine Side Salad w/ Croutons	<i>Pepperoni Pizza</i> Whole Grain Mexican Pita Pizzas Tossed Salad w/ Light Dressing	
	 <p>Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Whole Grain Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Romaine/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Macaroni Salad</p>	Made to Order SANDWICH Bar Special: Whole Wheat Bagel w/ Sweet Creamy Cheese Spread	Made to Order SANDWICH Bar Special: Parisian Ham & Cheese Wrap	Made to Order SALAD Bar Special: Caribbean Chicken Salad w/ Homemade Spicy Dressing & Whole Grain Crackers	Made to Order SANDWICH Bar Special: Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo
Homemade Ranch, Honey Mustard, and Italian Vinaigrette Dressing and Olive Oil & Vinegar Available Daily					
 <p>Fresh Food Fast-Packaged for Grab N' Go</p>	<i>Del Chef Salad w/ Whole Grain Crackers</i> Whole Wheat Bagel w/ Sweet Creamy Cheese Spread Ham & Cheese on a Kaiser roll Spicy Chicken Wrap Green Bean Salad Fresh Orange* Green Bean Salad	Cobb Salad w/ Whole Grain Crackers Parisian Ham & Cheese Wrap Chicken Caesar Wrap Spicy Chicken Wrap Carrot Sticks Fresh Pear*	Caribbean Chicken Salad w/ Homemade Spicy Dressing & Whole Grain Crackers Turkey Club Wrap Fruit Yogurt Parfait w/ Granola Topping Spicy Chicken Wrap Cucumber Citrus Salad Chilled Peaches	Chicken Caesar Salad w/ Whole Grain Crackers Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo Buffalo Chicken Salad Wrap Spicy Chicken Wrap Sweet and Sour Celery <i>Food Focus</i> <i>Petite Bananas*</i>	
	 <p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	Spinach Romaine Salad w/ Strawberries Chilled Mixed Fruit Fresh Orange Wedges*	Pinto or Kidney Bean Salad* Carrot Sticks Vanilla Mint Pineapple Fresh Pears*	Cucumber Citrus Salad Caesar Romaine Side Salad w/ Croutons Fresh Local Apples Chilled Peaches*	Sweet and Sour Celery Tossed Salad w/ Light Dressing <i>Food Focus</i> <i>Petite Bananas*</i> Fresh Cut Fruit in Season

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 <p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	WET BURRITO BOWL: Beef & Bean Chili or Chicken Taco Meat Fiesta Rice Green Apple Salsa Shredded Lettuce & Diced Tomato Whole Wheat Flour Tortilla Fresh Homemade Salsa Shredded Cheddar	MEDITERRANEAN BOWL: Tarragon Marinated Chicken Brown Veggie Rice Roasted Tomatoes w/ Rosemary Mediterranean Salad w/ Homemade Balsamic Vinaigrette Warm Whole Wheat Pita Bread Homemade Taziki Sauce Chopped Green Onion	ASIAN LO MEIN NOODLE BOWL: Julienne Roast Pork* Lo Mein Noodles* Carrots & Onion*s Oriental Blend Veggies* Whole Wheat Dinner Roll* Lo Mein Sauce* Diced Red & Green Bell Pepper*	MOM'S MASHED POTATO BOWL: Herb Roasted Chicken Fresh Homemade Mashed Potatoes Fresh Glazed Carrots Tossed Salad w/ Light Dressing Whole Wheat Toasted Garlic Bun Homemade Chicken Gravy Fresh Diced Tomatoes	BRUNCH FOR LUNCH BOWL: Scrambled Eggs, Crumbled Sausage Home-style Grits Herb Roasted Potatoes w/ Shredded Carrot Fresh Orange Wedges Food Focus Warm Baked Bananas Stuffed French Toast w/PB Banana Whole Wheat Pancake Warm Syrup Shredded Cheddar
 <p>Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily on Whole Wheat Buns</p>	Alpine Swiss Burger on a Whole Wheat Bun Green Apple Salsa Fresh Romaine Lettuce & Tomato	Hot Ham & Cheese on a Whole Wheat Bagel Warm Baked Apple Slices Fresh Romaine Lettuce & Tomato	Veggie Burger on a Bun Quick Baked Herb Potatoes Fresh Romaine Lettuce & Tomato	Breaded Popcorn Chicken w/ Toasted Garlic Bun Fresh Homemade Mashed Potatoes Fresh Romaine Lettuce & Tomato	Greek Breaded Chicken Sandwich on a Whole Wheat Bun* Herb Roasted Potatoes w/ Shredded Carrot* Fresh Romaine Lettuce & Tomato
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese & Fresh Baked Daily on Whole Wheat Crust</p>	Pepperoni Pizza Roasted Veggie Supreme Flatbread Tossed Salad w/ Light Dressing	Whole Wheat Pizza Dunkers w/ Shredded Cheese & Tomato Dipping Sauce Meatball Parm Pizza Carrot Sticks	Chicken & Roma Tomato Whole Grain Pita Pizza Veggie Lover's Stromboli Caesar Romaine Side Salad w/ Croutons	Aloha Pizza w/ Chicken & Ham* Meat Lover's Pizza Tossed Salad w/ Light Dressing*	White French Bread Toast Broccoli Topped Pizza Tossed Salad w/ Light Dressing
 <p>Cold Sandwiches & Salads Made Fresh Your Way</p> <p>Available Daily: Whole Grain Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Romaine/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Macaroni Salad</p>	Made to Order SANDWICH Bar Special: Mediterranean Sandwich w/ Hummus & Feta on Whole Wheat* w/ Green Goddess Pasta Salad*	Made to Order SANDWICH Bar Special: Buffalo Chicken Salad on Whole Wheat	Made to Order SALAD Bar Special: Monterey Ranch Chicken Salad w/ Homemade Ranch Dressing & Toasted Flatbreads	Made to Order SANDWICH Bar Special: Roast Beef & Swiss on Rye w/ Golden Honey Mustard	Made to Order SANDWICH Bar Special: Santa Fe Turkey and Cheddar Wrap
Homemade Ranch, Honey Mustard, and Italian Vinaigrette Dressing and Olive Oil & Vinegar Available Daily					
 <p>Fresh Food Fast-Packaged for Grab N' Go</p>	Garden Cheese Salad w/ Whole Grain Crackers Mediterranean Sandwich w/ Hummus & Feta on Whole Wheat* w/ Green Goddess Pasta Salad* Cottage Cheese, Crackers, & Fruit Combo Spicy Chicken Wrap Confetti Coleslaw Petite Banana	Wild Greens Antipasto Salad w/ Dinner Roll* Buffalo Chicken Salad on Whole Wheat Chicken Caesar Wrap Spicy Chicken Wrap Fresh Local Apples* Sweet Corn Salad	Breaded Chicken Caesar Salad w/ Whole Grain Crackers Monterey Ranch Chicken Salad w/ Homemade Ranch Dressing Turkey Club Bagel Sandwich Spicy Chicken Wrap Sweet Chewy Raisins Carrot Sticks	Catalina Turkey Club Salad w/ Whole Grain Crackers Roast Beef & Swiss on Rye w/ Golden Honey Mustard Ham & Cheese on a Kaiser Roll Spicy Chicken Wrap Chilled Pears Three Bean Salad	Chunky Tuna Salad w/ Whole Grain Crackers Santa Fe Turkey and Cheddar Wrap Fruit Yogurt Parfait w/ Granola Topping Spicy Chicken Wrap Fresh Oranges Pear Raisin Salad
 <p>Cold Fruit & Vegetable Bar Offered Daily</p> <p>Featuring fresh seasonal produce including local items as available</p>	Petite Banana* Confetti Coleslaw Fresh Cut Fruit in Season Mandarin Oranges	Fresh Local Apples* Crunchy Spinach Salad Chilled Peaches Sweet Corn Salad	Chilled Pineapples* Caesar Romaine Side Salad w/ Croutons Carrot Sticks Sweet Chewy Raisins	Tossed Salad w/ Light Dressing* Chilled Pears* Fresh Local Apple Salad Three Bean Salad	Chilled Applesauce* Fresh Orange Wedges Tossed Salad w/ Light Dressing* Pear Raisin Salad

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<p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	BACKYARD BBQ BOWL: Honey BBQ Chicken Homemade Macaroni Salad Homemade Potato Salad Corn on the Cob Seasoned Carrots Warm Breadstick Honey BBQ Sauce Fresh Chopped Green Onion	FIESTA POTATO BOWL: Spicy Mexican Beef Whole Baked Potato Fresh Steamed Broccoli Cuts Southwest Corn & Black Bean Salad Homemade Corn Bread or Dinner Roll Cheddar Cheese Sauce Fresh Shredded Carrot	CAJUN RICE BOWL: Savory Crumbled Sausage, Cajun Chicken, or Cajun BBQ Beans Cajun Brown Rice Seasoned Carrots Warm Baked Apple Slices Fresh Baked Biscuit Spicy Tomato Sauce Fresh Chopped Green Onion	AMERICAN DINER BOWL: Meat Loaf* Whole Wheat Macaroni w/ Cheese Sauce Fresh Homemade Mashed Potatoes* Roasted Tomatoes w/ Rosemary Seasoned Mixed Veggies* Dinner Roll* Homemade Brown Gravy Green Parsley Flakes	ITALIAN PASTA BOWL: Home made Meatballs Spinach Fettuccini Whole Wheat Spaghetti Roasted Italian Vegetables Seasoned Green Beans Toasted Whole Grain Garlic Bun Garlic Cream Sauce, Red Marinara Sauce Roma Herb Seasoning Blend
<p>Lean Beef Burgers w/ Cheese & Breaded Chicken Sandwiches Available Daily on Whole Wheat Buns</p>	Veggie Burger on a Whole Wheat Bun Corn on the Cob Fresh Romaine Lettuce & Tomato	Pizza Burger on a Whole Wheat Bun* Baked Potato* Fresh Romaine Lettuce & Tomato	Hot Sausage, Egg & Cheese on a Whole Wheat English Muffin Warm Baked Apple Slices Fresh Romaine Lettuce & Tomato*	BLT Burger on a Whole Wheat Bun Fresh Homemade Mashed Potatoes Fresh Romaine Lettuce & Tomato	Breaded Chicken Del Sol Sandwich w/ Salsa & Cheddar on a Whole Wheat Bun Roasted Italian Vegetables Fresh Romaine Lettuce & Tomato
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese & Fresh Baked Daily on Whole Wheat Crust</p>	Pepperoni Pizza Margherita Flatbread Green Bean Salad	Broccoli Topped Pizza Whole Wheat Pizza Bagels Caesar Romaine Side Salad w/ Croutons	Chicken Bruschetta Pizza on whole Wheat Crust* Ham & Cheese Hot Pocket w/ Tomato Dipping Sauce Marinated Tomato & Cucumber	Pepperoni Pizza Whole Grain Mexican Pita Pizzas Buttermilk Coleslaw	Grilled Veggie Pizza on Whole Wheat Crust Hot Dog Twist Sweet Corn Salad
<p>Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Whole Grain Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Romaine/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Macaroni Salad</p>	Made to Order SANDWICH Bar Special: Triple Decker Turkey Club on Whole Wheat	Made to Order SANDWICH Bar Special: Parisian Ham & Cheese Wrap Southwest Corn & Black Bean Wrap	Made to Order SALAD Bar Special: Mandarin Orange Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing & Whole Grain Crackers	Made to Order SANDWICH Bar Special: Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo	Made to Order SANDWICH Bar Special: Grilled Chicken and Roasted Vegetables on a Kaiser Roll* w/ Homemade Macaroni Salad*
Homemade Ranch, Honey Mustard, and Italian Vinaigrette Dressing and Olive Oil & Vinegar Available Daily					
<p>Fresh Food Fast-Packaged for Grab N' Go</p>	Deli Chef Salad w/ Whole Grain Crackers Triple Decker Turkey Club on Whole Wheat Toasted Whole Wheat Bagel Chips w/ Fresh Veggies & Hummus* Spicy Chicken Wrap Green Bean Salad Fresh Orange*	Cobb Salad w/ Whole Grain Crackers Parisian Ham & Cheese Wrap Chicken Caesar Wrap Spicy Chicken Wrap Carrot Sticks Chilled Peaches	Mandarin Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing & Whole Grain Crackers Turkey Club Wrap Buffalo Chicken Salad Wrap Spicy Chicken Wrap Marinated Tomato & Cucumber Salad Food Focus Petite Bananas	Breaded Chicken Caesar Salad w/ Whole Grain Crackers Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo Fruit Yogurt Parfait w/ Granola Topping Spicy Chicken Wrap Buttermilk Coleslaw Fresh Apples	Crispy Chicken Popper Salad w/ Whole Grain Crackers Grilled Chicken and Roasted Vegetables on a Kaiser Roll* w/ Homemade Macaroni Salad* Honey Mustard Chicken Pasta Salad Spicy Chicken Wrap Carrot Sticks Chilled Applesauce
<p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	Green Bean Salad Tossed Salad w/ Light Dressing Fresh Cut Fruit in Season Fresh Orange Wedges*	Caesar Romaine Side Salad w/ Croutons Southwest Corn & Black Bean Salad Made w/ Fresh Local Corn & Tomatoes Fresh Apples Chilled Peaches*	Marinated Tomato & Cucumber Salad Tossed Salad w/ Light Dressing* Chilled Pineapples Food Focus Petite Bananas*	Buttermilk Coleslaw Made w/ Fresh Locally Grown Cabbage Spinach Romaine Salad w/ Strawberries Fruit Crisp* Chilled Mandarin Oranges	Sweet Corn Salad Carrot Sticks Chilled Pear Raisin Salad Chilled Applesauce*

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Harrison High School Lunch Menu

March 1 – 5, 2010

National Nutrition Month

EAT.LEARN.LIVE DELICIOUSLY
Savor the Flavor of Herbs and Spices

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<p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	<p>SWEET N SOUR ASIAN RICE BOWL:</p> <p>Asian Marinated Chicken</p> <p>Oriental Fried Rice Steamed Brown Rice</p> <p>Fresh Carrots & Onions</p> <p>Fresh Steamed Broccoli Cuts</p> <p>Crunchy Chow Mein Noodles</p> <p>Homemade Sweet N Sour Sauce</p> <p>Fresh Chopped Green Onion</p>	<p>MOM'S MASHED POTATO BOWL:</p> <p>Beef Stew*</p> <p>Fresh Homemade Cheddar Mashed Potatoes*</p> <p>Warm Baked Apple Slices*</p> <p>Sweet Peas*</p> <p>Dinner Roll*</p> <p>Homemade Brown Gravy*</p> <p>Shredded Cheddar</p>	<p>CHICKEN PARM BOWL:</p> <p>Breaded Chicken Cutlet*</p> <p>Seasoned Rotini Pasta* Whole Wheat Spaghetti</p> <p>Seasoned Mixed Veggies*</p> <p>Roasted Italian Butternut Squash</p> <p>Fresh Baked Breadstick</p> <p>Red Marinara Sauce*</p> <p>Shredded Part Skim Mozzarella*</p>	<p>LATIN AMERICAN ROAST PORK BOWL:</p> <p>Latin American Roast Pork</p> <p>Orange Rice Pilaf</p> <p>Fresh Mashed Sweet Potatoes</p> <p>Tossed Salad w/ Light Dressing</p> <p>Seasoned Green Beans</p> <p>Caribbean Quick Coconut Bread <i>Food Focus</i> Baked Bananas</p> <p>Orange Slice</p>	<p>ROASTED CHICKEN BOWL:</p> <p>Cranberry Glazed Chicken</p> <p>Steamed Brown Rice Bread Stuffing Made w/ Whole Wheat</p> <p>Seasoned Corn <i>Food Focus</i> Warm Baked Bananas</p> <p>Dinner Roll</p> <p>Cranberry Glaze</p> <p>Fresh Chopped Green Onion</p>
<p>Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily on Whole Wheat Buns</p>	<p>Cheddar Onion Burger on a whole Wheat Bun</p> <p>Fresh Broccoli w/ Homemade Cheese Sauce</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Hot Ham & Cheese on a whole Wheat Bagel</p> <p>Warm Baked Apple Slices</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Cheese Steak Sandwich</p> <p>Sautéed Peppers & Onions</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Breaded Chicken Tenders w/ Homemade Biscuit</p> <p>Fresh Mashed Sweet Potatoes</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Turkey Club Burger on a whole Wheat Bun*</p> <p>Seasoned Corn*</p> <p>Warm Fruit Crisp*</p> <p>Fresh Romaine Lettuce & Tomato</p>
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese & Fresh Baked Daily on Whole Wheat Crust</p>	<p>Pepperoni Pizza</p> <p>Pizza w/ Roasted Italian Vegetables</p> <p>Crunchy Spinach Salad</p>	<p>Whole Wheat Pizza Dunkers w/ Shredded Cheese & Tomato Dipping Sauce</p> <p>Spinach Ricotta Pizza</p> <p>Veggie Crudités Cups</p>	<p>Chicken & Roma Tomato Whole Grain Pita Pizza</p> <p>Cheese Fingers Rip and Dip</p> <p>Caesar Romaine Side Salad w/ Croutons</p>	<p>South of the Border Chicken Pizza*</p> <p>Italian Stromboli w/ Tomato Dipping Sauce</p> <p>Tossed Salad w/ Light Dressing*</p>	<p>Broccoli Topped Pizza</p> <p>Cheeseburger Flatbread</p> <p>Confetti Coleslaw</p>
<p>Cold Sandwiches & Salads Made Fresh Your Way</p> <p>Available Daily: Whole Grain Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Romaine/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Macaroni Salad</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Chicken Caesar Wrap* w/ Homemade Macaroni Salad*</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Roast Beef Wrap w/ Golden Honey Mustard</p>	<p>Made to Order SALAD Bar</p> <p>Special: Asian Six Treasure Chicken Salad w/ Homemade Sweet N Sour Dressing & Whole Wheat Roll</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Classic Chicken Salad on Whole Wheat w/ Lettuce & Tomato</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Santa Fe Turkey and Cheddar Wrap</p>
Homemade Ranch, Honey Mustard, and Italian Vinaigrette Dressing and Olive Oil & Vinegar Available Daily					
<p>Fresh Food Fast-Packaged for Grab N' Go</p>	<p>Garden Cheese Salad w/ Whole Grain Crackers</p> <p>Chicken Caesar Wrap* w/ Homemade Macaroni Salad*</p> <p>Tuna Salad Wrap</p> <p>Spicy Chicken Wrap</p> <p>Green Bean Salad</p> <p>Fresh Orange</p>	<p>Crispy Chicken Popper Salad w/ Whole Grain Crackers</p> <p>Roast Beef Wrap w/ Golden Honey Mustard</p> <p>Cottage Cheese, Crackers, & Fruit Combo</p> <p>Spicy Chicken Wrap</p> <p>Veggie Crudités Cups</p> <p>Chilled Pears</p>	<p>Breaded Chicken Caesar Salad w/ Whole Wheat Dinner Roll</p> <p>Asian Six Treasure Chicken Salad w/ Homemade Sweet N Sour Dressing & Whole Wheat Roll</p> <p>Turkey Club Bagel Sandwich</p> <p>Spicy Chicken Wrap</p> <p>Celery Sticks</p> <p>Chilled Pineapples</p>	<p>Catalina Turkey Club Salad w/ Whole Grain Crackers</p> <p>Classic Chicken Salad on Whole Wheat w/ Lettuce & Tomato</p> <p>Little Italy Wrap</p> <p>Spicy Chicken Wrap</p> <p>Carrot Sticks <i>Food Focus</i> Petite Bananas</p>	<p>Chunky Tuna Salad w/ Whole Grain Crackers</p> <p>Santa Fe Turkey and Cheddar Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p> <p>Spicy Chicken Wrap</p> <p>Sweet Corn Salad</p> <p>Chilled Mixed Fruit</p>
<p>Cold Fruit & Vegetable Bar Offered Daily</p> <p>Featuring fresh seasonal produce including local items as available</p>	<p>Green Bean Salad</p> <p>Crunchy Spinach Salad</p> <p>Chilled Pears</p> <p>Fresh Orange Wedges*</p>	<p>Tossed Salad w/ Light Dressing</p> <p>Veggie Crudités Cups</p> <p>Cucumber Slices</p> <p>Apricot Applesauce</p>	<p>Chilled Pineapples</p> <p>Apple Salad</p> <p>Caesar Romaine Side Salad w/ Croutons</p> <p>Celery Sticks</p>	<p>Tossed Salad w/ Light Dressing</p> <p><i>Food Focus</i> Petite Bananas*</p> <p>Fresh Cut Fruit in Season</p> <p>Carrot Sticks</p>	<p>Carrot Sticks</p> <p>Confetti Coleslaw</p> <p>Sweet Corn Salad</p> <p>Chilled Mixed Fruit</p>

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