


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 Pasta Cheese Tortellini Shredded Part Skim Mozzarella</p> <p>Seasoned Fresh Carrots w/ Corn Tossed Salad w/ Light Dressing</p> <p>Whole Wheat Toasted Garlic Bun</p> <p>Red Marinara Sauce Creamy Roasted Garlic Sauce</p> <p>Roma Herb Seasoning Blend Austin Steak Twister</p>	<p>SOUTHEAST ASIAN RICE BOWL:</p> <p>Sweet and Sour Popcorn Chicken</p> <p>Steamed White Rice Thai Red Fried Rice</p> <p>Steamed Broccoli Cuts Oriental Blend Veggies</p> <p>Sesame Breadstick Spicy Curry Sauce</p> <p>Chopped Green Onion Salsa Chicken Wrap</p>	<p>BACKYARD BBQ BOWL:</p> <p>Barbecued Pork Ribbies</p> <p>Homemade Potato Salad Cheesy Macaroni</p> <p>Seasoned Corn Confetti Coleslaw</p> <p>Fresh Baked Biscuit Honey BBQ Sauce</p> <p>Chopped Green Onion</p>	<p>MOM'S MASHED POTATO BOWL:</p> <p>Breaded Chicken Tenders*</p> <p>Mashed Potatoes Bread Stuffing Made w/ Whole Wheat*</p> <p>Seasoned Mixed Veggies*</p> <p>Tossed Salad w/ Light Dressing</p> <p>Dinner Roll Pineapple Glaze</p> <p>Green Parsley</p>	<p>SIZZLING TACO SALAD BOWL:</p> <p>Spicy Taco Meat</p> <p>Whole Grain Tortilla Shell Rounds Rice & Beans</p> <p>Crisp Mixed Greens Warm Baked Apple Slices</p> <p>Cinnamon Breadstick Homemade Creamy Cilantro Lime Dressing</p> <p>Salsa</p>
 <p>Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily</p>	<p>Seasoned Potato Wedges</p> <p>Fresh Iceberg Lettuce & Tomato</p>	<p>Broccoli w/ Cheese Sauce</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Grilled Ancho Chili Chicken & Cheddar on a Whole Wheat Bun</p> <p>Seasoned Corn</p> <p>Fresh Iceberg Lettuce & Tomato</p>	<p>Parmesean Meatball Sub</p> <p>Mashed Potatoes</p> <p>Fresh Iceberg Lettuce & Tomato</p>	<p>Chicken Parm Wrap*</p> <p>Warm Baked Apple Slices</p> <p>Fresh Iceberg Lettuce & Tomato</p>
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p>	<p>Buffalo Chicken Pizza*</p> <p>Tossed Salad w/ Light Dressing*</p>	<p>Ham & Cheese Calzone w/ Dipping Sauce</p> <p>Carrot Sticks</p>	<p>Veggie Lover's Pizza</p> <p>Confetti Coleslaw</p>	<p>Pepperoni Pizza</p> <p>Tossed Salad w/ Light Dressing</p>	<p>Hawaiian Pizza</p> <p>Tossed Salad w/ Light Dressing</p>
 <p>Cold Sandwiches & Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Triple Decker Turkey Club on Whole Wheat</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Neapolitan Hero w/ Balsamic Vinaigrette* & Vegetable Pasta Salad*</p>	<p>Made to Order SALAD Bar</p> <p>Special: BBQ Chicken Salad w/ Toasted Flatbreads & Homemade Ranch Dressing*</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Honey Mustard Ham & Cheese Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Peanut Butter & Apple Whole Wheat Roll Ups</p>
 <p>Fresh Food Fast-Packaged for Grab N' Go</p>	<p>Garden Cheese Salad w/ Crackers</p> <p>Triple Decker Turkey Club on Whole Wheat</p> <p>Ham & Cheese on a Kaiser Roll</p> <p>Petite Bananas</p> <p>Carrot Sticks</p>	<p>Cool as A Cucumber Sesame Noodle Salad w/ Beef</p> <p>Neapolitan Hero w/ Balsamic Vinaigrette* & Vegetable Pasta Salad*</p> <p>Chicken Caesar Wrap</p> <p>Chilled Pineapples</p> <p>Carrot Sticks</p>	<p>Breaded Chicken Caesar Salad w/ Crackers</p> <p>BBQ Chicken Salad w/ Toasted Flatbreads & Homemade Ranch Dressing*</p> <p>Santa Fe Turkey and Cheddar Wrap</p> <p>Fresh Local Apples</p> <p>Confetti Coleslaw</p>	<p>Catalina Turkey Club Salad w/ Crackers</p> <p>Honey Mustard Ham & Cheese Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p> <p>Veggie Pasta Salad</p> <p>Petite Bananas*</p>	<p>Deli Chef Salad w/ Crackers</p> <p>Peanut Butter & Apple Whole Wheat Roll Ups</p> <p>Buffalo Chicken Wrap</p> <p>Italian Hero</p> <p>Fresh Orange Wedges</p> <p>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*</p> <p>Vegetable Pasta Salad</p> <p>Petite Bananas*</p> <p>Chilled Mixed Fruit</p> <p>Carrot Sticks</p>	<p>Tossed Salad w/ Light Dressing</p> <p>Vegetable Pasta Salad</p> <p>Chilled Pineapples*</p> <p>Carrot Sticks</p> <p>Sweet and Sour Celery</p>	<p>Watermelon Cubes</p> <p>Vegetable Pasta Salad</p> <p>Fresh Local Apples</p> <p>Chilled Fruit Crisp*</p> <p>Confetti Coleslaw</p>	<p>Caesar Romaine Side Salad w/ Croutons</p> <p>Fresh Homemade Vegetable Pasta Salad</p> <p>Petite Bananas*</p> <p>Carrot Sticks</p>	<p>Tossed Salad w/ Light Dressing*</p> <p>Vegetable Pasta Salad</p> <p>Fresh Orange Wedges*</p> <p>Southwest Corn & Black Bean Salad</p> <p>Green Bean 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


A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

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Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	<p>ASIAN RICE BOWL:</p> <p>Korean Braised Ribbies</p> <p>Oriental Fried Rice Steamed White Rice</p> <p>Fresh Carrots & Onions</p> <p>Steamed Broccoli Cuts</p> <p>Homemade Crunchy Asian Topping</p> <p>Homemade Sesame Sauce</p> <p>Fresh Chopped Green Onion</p>	<p>MASHED POTATO BOWL:</p> <p>Breaded Popcorn Chicken</p> <p>Mashed Potatoes</p> <p>Seasoned Collards</p> <p>Seasoned Mixed Veggies</p> <p>Homemade Biscuit</p> <p>Chicken Gravy</p> <p>Fresh Shredded Carrot</p>	<p>NACHO BOWL:</p> <p>Spicy Turkey Taco Meat</p> <p>Cilantro Lime Brown Rice Whole Grain Corn Tortilla Shell Rounds</p> <p>Southwest Beans</p> <p>Mexican Corn</p> <p>Cinnamon Breadstick</p> <p>Spicy Salsa</p> <p>Shredded Cheddar</p>	<p>AMERICAN DINER BOWL:</p> <p>Roast Turkey w/ Gravy*</p> <p>Rice Pilaf w/ Orzo* Sweet Potatoes*</p> <p>Golden Corn</p> <p>Seasoned Green Beans</p> <p>Dinner Roll*</p> <p>Turkey Gravy</p> <p>Green Parsley Flakes</p>	<p>ITALIAN PASTA BOWL:</p> <p>Saucy Italian Meatballs</p> <p>Classic Spaghetti Curly Rotini Pasta</p> <p>Seasoned Mixed Veggies</p> <p>Tossed Salad w/ Light Dressing</p> <p>Toasted Whole Grain Garlic Bun</p> <p>Red Marinara Sauce</p> <p>Roma Herb Seasoning Blend</p>
 <p>Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily</p>	<p>Hot Chili Burger w/ Monterey Jack</p> <p>Broccoli w/ Cheese Sauce</p> <p>Fresh Iceberg Lettuce & Tomato Pepperoni Pizza</p>	<p>Whole Grain Breaded Chicken Com Dog Nuggets w/ Biscuit</p> <p>Mashed Potatoes</p> <p>Fresh Iceberg Lettuce & Tomato</p>	<p>Pizza Burger on a Whole Wheat Bun*</p> <p>Corn</p> <p>Fresh Romaine Lettuce & Tomato*</p>	<p>Breaded Chicken Parm Sandwich</p> <p>Mashed Sweet Potatoes</p> <p>Fresh Iceberg Lettuce & Tomato</p>	<p>Breakfast Burrito</p> <p>Seasoned Potato Wedges</p> <p>Fresh Iceberg Lettuce & Tomato</p>
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p>	<p>Red Hot Chicken Pizza</p> <p>Tossed Salad w/ Light Dressing</p>	<p>Chicken Tostada Flatbread</p> <p>Pinto or Kidney Bean Salad*</p>	<p>Rip & Dips w/ Dipping Sauce</p> <p>Caesar Romaine Side Salad w/ Croutons</p>	<p>Mexican Pizza</p> <p>Tossed Salad w/ Light Dressing</p>	<p>Hot Dog Twist</p> <p>Sweet Corn Salad</p>
 <p>Cold Sandwiches & Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Whole Wheat Bagel w/ Sweet Creamy Cheese Spread</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Parisian Ham & Cheese Wrap</p>	<p>Made to Order SALAD Bar</p> <p>Special: Caribbean Chicken Salad w/ Homemade Spicy Dressing & Crackers</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Roast Beef, Red Onion & Spicy Tomato Mayo on Multigrain Bread* w/ Homemade Vegetable Pasta Salad*</p>
 <p>Fresh Food Fast-Packaged for Grab N' Go</p>	<p>Deli Chef Salad w/ Crackers</p> <p>Whole Wheat Bagel w/ Sweet Creamy Cheese Spread</p> <p>Ham & Cheese on a Kaiser roll</p> <p>Green Bean Salad</p> <p>Fresh Orange*</p>	<p>Cobb Salad w/ Crackers</p> <p>Parisian Ham & Cheese Wrap</p> <p>Chicken Caesar Wrap</p> <p>Carrot Sticks</p> <p>Fresh Pear*</p>	<p>Caribbean Chicken Salad w/ Homemade Spicy Dressing</p> <p>Turkey Club Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p> <p>Cucumber Citrus Salad</p> <p>Chilled Peaches</p>	<p>Chicken Caesar Salad w/ Crackers</p> <p>Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo</p> <p>Buffalo Chicken Salad Wrap</p> <p>Sweet and Sour Celery</p> <p>Petite Bananas*</p>	<p>Crispy Chicken Popper Salad w/ Crackers</p> <p>Roast Beef, Red Onion & Spicy Tomato Mayo on Multigrain Bread* w/ Homemade Vegetable Pasta Salad*</p> <p>Honey Mustard Chicken Pasta Salad</p> <p>Carrot Sticks</p> <p>Cinnamon Applesauce</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>Tossed Salad w/ Light Dressing</p> <p>Chilled Mixed Fruit</p> <p>Fresh Orange Wedges*</p>	<p>Pinto or Kidney Bean Salad*</p> <p>Carrot Sticks</p> <p>Sweet Chewy Raisins</p> <p>Fresh Pears*</p>	<p>Cucumber Citrus Salad</p> <p>Caesar Romaine Side Salad w/ Croutons</p> <p>Fresh Local Apples</p> <p>Chilled Peaches*</p>	<p>Sweet and Sour Celery</p> <p>Tossed Salad w/ Light Dressing</p> <p>Petite Bananas*</p> <p>Chilled Mixed Fruit</p>	<p>Sweet Corn Salad</p> <p>Carrot Sticks</p> <p>Tossed Salad w/ Light Dressing</p> <p>Cinnamon Applesauce*</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

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>	WET BURRITO BOWL: Beef & Bean Chili Fiesta Rice Golden Corn Shredded Lettuce & Diced Tomato Flour Tortilla Salsa Shredded Cheddar	MEDITERRANEAN BOWL: Tarragon Marinated Chicken Rice Pilaf w/ Orzo Roasted Tomatoes w/ Rosemary Tossed Salad w/ Homemade Red Bell Pepper Vinaigrette Warm Whole Wheat Pita Bread Homemade Taziki Sauce Chopped Green Onion	FAJITA BOWL Chicken or Beef* White Rice or Refried Beans* Fajita Cut Veggies Mexican Corn* Flour Tortilla Shredded Lettuce/Shredded Cheese/ Diced Tomatoes/ Salsa	MOM'S MASHED POTATO BOWL: Herb Roasted Chicken Mashed Potatoes Fresh Glazed Carrots Tossed Salad w/ Light Dressing Whole Wheat Toasted Garlic Bun 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 Fruit Crisp Whole Wheat Pancake Warm Syrup Shredded Cheddar
<p>Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily</p>	Alpine Swiss Burger Golden Corn Fresh Iceberg Lettuce & Tomato	Hot Ham & Cheese on a Whole Wheat Bagel Warm Baked Apple Slices Fresh Iceberg Lettuce & Tomato	California Cheese Steak Wrap Seasoned Potato Wedges Fresh Romaine Lettuce & Tomato	Breaded Popcorn Chicken w/ Toasted Garlic Bun Mashed Potatoes Fresh Iceberg Lettuce & Tomato	Greek Breaded Chicken Sandwich on a Whole Wheat Bun* Herb Roasted Potatoes w/ Shredded Carrot* Fresh Iceberg Lettuce & Tomato
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p>	Pepperoni Pizza Tossed Salad w/ Light Dressing	Veggie Lovers Pizza Carrot Sticks	Cheese Fingers Rip and Dip w/ Tomato Dipping Sauce Caesar Romaine Side Salad w/ Croutons	Barbeque Chicken Pizza Tossed Salad w/ Light Dressing*	Italian Stromboli Tossed Salad w/ Light Dressing
<p>Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Green Goddess Pasta 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
<p>Fresh Food Fast-Packaged for Grab N' Go</p>	Garden Cheese Salad w/ Crackers Mediterranean Sandwich w/ Hummus & Feta on Whole Wheat* w/ Green Goddess Pasta Salad* Cottage Cheese, Crackers, & Fruit Combo Confetti Coleslaw Petite Banana	Wild Greens Antipasto Salad w/ Dinner Roll* Buffalo Chicken Salad on a Whole Wheat Bagel Chicken Caesar Wrap Fresh Local Apples* Sweet Corn Salad	Breaded Chicken Caesar Salad w/ Crackers Monterey Ranch Chicken Salad w/ Homemade Ranch Dressing Turkey Club Bagel Sandwich Sweet Chewy Raisins Carrot Sticks	Catalina Turkey Club Salad w/ Crackers Roast Beef & Swiss on Rye w/ Golden Honey Mustard Ham & Cheese on a Kaiser Roll Chilled Pears Three Bean Salad	Chunky Tuna Salad w/ Crackers Santa Fe Turkey and Cheddar Wrap Fruit Yogurt Parfait w/ Granola Topping Fresh Oranges Pear Raisin Salad
<p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	Petite Banana* Caesar Romaine Side Salad w/ Croutons Chilled Mixed Fruit Mandarin Oranges	Fresh Local Apples* Chick Pea Salad Chilled Peaches Sweet Corn Salad	Chilled Pineapples* Confetti Coleslaw 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



Menu item is made w/ whole grain



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BC Central Lunch Menu

Sept 26-30
(week 4)


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Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <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 Fresh Locally Grown Corn on the Cob Seasoned Carrots Warm Breadstick Honey BBQ Sauce Fresh Chopped Green Onion	FIESTA POTATO BOWL: Spicy Mexican Beef Whole Baked Potato Seasoned Potato Wedges Steamed Broccoli Cuts Southwest Corn & Black Bean Salad Made w/ Fresh Local Corn & Tomatoes Homemade Corn Bread Cheddar Cheese Sauce Fresh Shredded Carrot	ASIAN BOWL: Orange Stir Fried Beef Lo Mein Noodles White Rice Glazed Carrots Seasoned Green Beans WG Dinner Roll Crunchy Asian Topping Fresh Chopped Green Onion	AMERICAN DINER BOWL: Meat Loaf* Macaroni w/ Cheese Sauce Mashed Potatoes* Mixed Vegetables Dinner Roll* Brown Gravy Green Parsley Flakes	ITALIAN PASTA BOWL: Seasoned Unbreaded Chicken Fettuccini Curly Rotini Pasta Roasted Italian Vegetables Made w/ Fresh Locally Grown Zucchini & Green Peppers 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</p>	Breaded Popcorn Chicken w/ Breadstick Fresh Locally Grown Corn on the Cob Fresh Iceberg Lettuce & Tomato Pepperoni Pizza	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* Chicken Brushetta Pizza Topped w/ Fresh Locally Grown Tomatoes* Marinated Tomato & Cucumber Salad Made w/ Locally Grown Cucumbers & Tomatoes	BLT Burger Mashed Potatoes Fresh Iceberg Lettuce & Tomato Chicken Tostada Flatbread Buttermilk Coleslaw Made w/ Fresh Locally Grown Cabbage	Toasted Mozzarella w/ Pepperoni on WW Bread Roasted Italian Vegetables Made w/ Fresh Locally Grown Zucchini & Green Peppers Fresh Iceberg Lettuce & Tomato Hot Dog Twist Sweet Corn Salad
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p>	Green Bean Salad	Whole Wheat Pizza Bagels Caesar Romaine Side Salad w/ Croutons	Made to Order SALAD Bar Special: Mandarin Orange Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing & 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 Made w/ Fresh Locally Grown Zucchini & Green Peppers on a Kaiser Roll* w/ Homemade Macaroni Salad*
 <p>Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/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 w/ Fresh Local Corn & Tomatoes	Made to Order SALAD Bar Special: Mandarin Orange Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing & 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 Made w/ Fresh Locally Grown Zucchini & Green Peppers on a Kaiser Roll* w/ Homemade Macaroni Salad*
 <p>Fresh Food Fast-Packaged for Grab N' Go</p>	Deli Chef Salad w/ Crackers Triple Decker Turkey Club on Whole Wheat Toasted Whole Wheat Bagel Chips w/ Fresh Veggies & Hummus* Green Bean Salad Fresh Orange*	Cobb Salad w/ Crackers Parisian Ham & Cheese Wrap Chicken Caesar Wrap Carrot Sticks Chilled Peaches	Mandarin Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing Turkey Club Wrap Buffalo Chicken Salad Wrap Marinated Tomato & Cucumber Salad Made w/ Locally Grown Cucumbers & Tomatoes Petite Bananas	Breaded Chicken Caesar Salad w/ Crackers Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo Fruit Yogurt Parfait w/ Granola Topping Buttermilk Coleslaw Made w/ Fresh Locally Grown Cabbage Fresh Apples	Crispy Chicken Popper Salad w/ Crackers Grilled Chicken and Roasted Vegetables on a Kaiser Roll Made w/ Fresh Locally Grown Zucchini & Green Peppers on a Kaiser Roll* w/ Homemade Macaroni Salad* Honey Mustard Chicken Pasta Salad 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 Chilled Pears Fresh Orange Wedges*	Caesar Romaine Side Salad w/ Croutons Southwest Corn & Black Bean Salad Made w/ Fresh Local Corn & Tomatoes Fresh Local Apples Chilled Peaches*	Marinated Tomato & Cucumber Salad Made w/ Locally Grown Cucumbers & Tomatoes Tossed Salad w/ Light Dressing* Chilled Pineapples Fresh Pears*	Buttermilk Coleslaw Made w/ Fresh Locally Grown Cabbage Tossed Salad w/ Light Dressing Fruit Crisp* Chilled Mandarin Oranges	Carrot Sticks Chilled Pear Raisin Salad Chilled Applesauce*






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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>Breaded Popcorn Chicken</p> <p>Oriental Fried Rice Steamed White Rice</p> <p>Fresh Carrots & Onions</p> <p>Steamed Broccoli Cuts</p> <p>Homemade Crunchy Asian Topping</p> <p>Sweet N Sour Sauce</p> <p>Fresh Chopped Green Onion Cheddar Onion Burger</p> <p>Broccoli w/ Cheese Sauce</p> <p>Fresh Iceberg Lettuce & Tomato</p>	<p>UPSIDE DOWN RANCHER'S PIE BOWL:</p> <p>Savory Beef w/ Vegetables*</p> <p>Mashed Potatoes*</p> <p>Warm Baked Apple Slices*</p> <p>Sweet Peas*</p> <p>Dinner Roll*</p> <p>Brown Gravy*</p> <p>Shredded Cheddar</p> <p>Hot Ham & Cheese on a Whole Wheat Bagel</p> <p>Warm Baked Apple Slices</p> <p>Fresh Iceberg Lettuce & Tomato</p>	<p>CHICKEN PARM BOWL:</p> <p>Breaded Chicken Cutlet*</p> <p>Seasoned Pasta* Fettuccini</p> <p>Seasoned Mixed Veggies*</p> <p>Caesar Romaine Side Salad w/ Croutons</p> <p>Fresh Baked Breadstick</p> <p>Red Marinara Sauce*</p> <p>Shredded Part Skim Mozzarella*</p> <p>Cheese Steak Sandwich</p> <p>Sauteed Peppers & Onions</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>ALL AMERICAN BOWL:</p> <p>Hot Dogs</p> <p>Chili or Cheese Sauce Baked Beans</p> <p>Potato Salad</p> <p>Seasoned Broccoli</p> <p>Baked Potato Wedges</p> <p>Breaded Chicken Tenders w/ Homemade Biscuit</p> <p>Mashed Potatoes</p> <p>Fresh Iceberg Lettuce & Tomato</p>	<p>ROASTED CHICKEN BOWL:</p> <p>Cranberry Glazed Chicken</p> <p>Steamed White Rice Bread Stuffing Made w/ Whole Wheat</p> <p>Seasoned Corn</p> <p>Warm Fruit Crisp</p> <p>Dinner Roll</p> <p>Cranberry Glaze</p> <p>Fresh Chopped Green Onion</p> <p>Turkey Club Burger on a Whole Wheat Bun*</p> <p>Seasoned Corn*</p> <p>Warm Fruit Crisp*</p> <p>Fresh Iceberg Lettuce & Tomato</p>
 <p>Lean Beef Burgers w/ Cheese & Breaded Chicken Sandwiches Available Daily</p>	<p>Pepperoni Pizza</p> <p>Pizza w/ Roasted Italian Vegetables</p> <p>Tossed Salad w/ Light Dressing</p>	<p>Spinach Ricotta Pizza</p> <p>Carrot Sticks</p>	<p>Cheese Fingers Rip and Dip</p> <p>Caesar Romaine Side Salad w/ Croutons</p>	<p>Italian Stromboli w/ Tomato Dipping Sauce</p> <p>Tossed Salad w/ Light Dressing*</p>	<p>Broccoli Topped Pizza</p> <p>Confetti Coleslaw</p>
 <p>Cold Sandwiches & Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread</p> <p>Turkey, Ham, Chilled Breaded Chicken</p> <p>American and Part Skim Mozzarella Cheese</p> <p>Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots</p> <p>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>
 <p>Fresh Food Fast- Packaged for Grab N' Go</p>	<p>Garden Cheese Salad w/ Crackers</p> <p>Chicken Caesar Wrap* w/ Homemade Macaroni Salad*</p> <p>Tuna Salad Wrap</p> <p>Green Bean Salad</p> <p>Fresh Orange</p>	<p>Crispy Chicken Popper Salad w/ Crackers</p> <p>Roast Beef Wrap w/ Golden Honey Mustard</p> <p>Cottage Cheese, Crackers, & Fruit Combo</p> <p>Carrot Sticks</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>Celery Sticks</p> <p>Chilled Pineapples</p> <p>Chilled Pineapples*</p> <p>Apple Salad Made w/ Fresh Local Apples</p> <p>Caesar Romaine Side Salad w/ Croutons</p> <p>Celery Sticks</p>	<p>Catalina Turkey Club Salad w/ Crackers</p> <p>Classic Chicken Salad on Whole Wheat w/ Lettuce & Tomato</p> <p>Little Italy Wrap</p> <p>Carrot Sticks</p> <p>Petite Bananas</p> <p>Tossed Salad w/ Light Dressing*</p> <p>Petite Bananas*</p> <p>Chilled Applesauce</p> <p>Carrot Sticks</p>	<p>Chunky Tuna Salad w/ Crackers</p> <p>Santa Fe Turkey and Cheddar Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p> <p>Sweet Corn Salad</p> <p>Chilled Mixed Fruit</p> <p>Carrot Sticks</p> <p>Confetti Coleslaw</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>Tossed Salad w/ Light Dressing</p> <p>Chilled Applesauce</p> <p>Fresh Orange Wedges*</p>	<p>Tossed Salad w/ Light Dressing</p> <p>Carrot Sticks</p> <p>Cucumber Slices</p> <p>Chilled Pears</p>	<p>Chilled Pineapples*</p> <p>Apple Salad Made w/ Fresh Local Apples</p> <p>Caesar Romaine Side Salad w/ Croutons</p> <p>Celery Sticks</p>	<p>Tossed Salad w/ Light Dressing*</p> <p>Petite Bananas*</p> <p>Chilled Applesauce</p> <p>Carrot Sticks</p>	<p>Carrot Sticks</p> <p>Confetti Coleslaw</p> <p>Sweet Corn Salad</p> <p>Chilled Mixed Fruit</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