


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

Daily milk choices include skim white, 1% white, and 0% chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	STUFFED PASTA BOWL: Jumbo Stuffed Cheese Ravioli Shredded Part Skim Mozzarella Seasoned Fresh Carrots w/ Corn Whole Wheat Toasted Garlic Bun Red Marinara Sauce Roma Herb Seasoning Blend	FAJITA BOWL: Roasted Chicken Fajita Meat Roasted Onions and Peppers Fiesta Rice Steamed Broccoli Warm Flour Tortilla Shredded Cheese Roasted Tomato Salsa	BACKYARD BBQ BOWL: Barbecued Pork Ribbies Homemade Potato Salad Cheesy Macaroni Seasoned Corn Fresh Baked Biscuit Honey BBQ Sauce Chopped Green Onion	MOM'S MASHED POTATO BOWL: Pineapple Glazed Chicken* Mashed Potatoes Bread Stuffing Made w/ Whole Wheat* Seasoned Mixed Veggies* Dinner Roll Pineapple Glaze Green Parsley	SIZZLING TACO SALAD BOWL: Spicy Taco Meat Whole Grain Tortilla Shell Rounds Crisp Mixed Greens Warm Baked Apple Slices Cinnamon Breadstick Homemade Creamy Cilantro Lime Dressing Salsa
 Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps	Austin Steak Twister Breaded Chicken Sandwich Seasoned Potato Wedges Fresh Iceberg Lettuce & Tomato	Corn Dog made w/ Chicken Classic Cheeseburger Steamed Broccoli Fresh Romaine Lettuce & Tomato	Grilled Cheese on Whole Wheat Classic Cheeseburger Seasoned Corn Confetti Coleslaw Fresh Iceberg Lettuce & Tomato	Parmesan Meatball Sub Breaded Chicken Sandwich Mashed Potatoes Fresh Iceberg Lettuce & Tomato	Chicken Parm Wrap* Classic Cheeseburger Warm Baked Apple Slices Fresh Iceberg Lettuce & Tomato
 Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily	Buffalo Chicken Pizza* Tossed Salad w/ Light Dressing*	Ham & Cheese Calzone w/Tomato Dipping Sauce Carrot Sticks	Veggie Lover's Pizza Confetti Coleslaw	Pepperoni Pizza Tossed Salad w/ Light Dressing	Hawaii Pizza Tossed Salad w/ Light Dressing
 Fresh Food Fast- Packaged for Grab N' Go	Garden Cheese Salad w/ Crackers Triple Decker Turkey Club on Whole Wheat Petite Bananas Carrot Sticks	Chef Salad Chicken Caesar Wrap Chilled Pineapples Carrot Sticks	Breaded Chicken Caesar Salad w/ Crackers Italian Hero Fresh Local Apples Confetti Coleslaw	Garden Cheese Salad w/ Crackers Honey Mustard Ham & Cheese Wrap Fruit Yogurt Parfait W/ Granola Topping Veggie Pasta Salad Petite Bananas*	Deli Chef Salad w/ Crackers Peanut Butter & Apple Whole Wheat Roll Ups Fresh Orange Wedges Creamy Carrot Raisin Pineapple Salad
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Tossed Salad w/ Light Dressing* Petite Bananas* Chilled Mixed Fruit Carrot Sticks	Caesar Romaine Side Salad w/ Croutons Chilled Pineapples* Carrot Sticks Celery	Watermelon Cubes Fresh Local Apples Potato Salad Confetti Coleslaw	Tossed Salad w/ Light Dressing Fresh Homemade Vegetable Pasta Salad Petite Bananas* Carrot Sticks	Tossed Salad w/ Light Dressing* Fresh Orange Wedges* Creamy Carrot Raisin Pineapple Salad Green Bean Salad

 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)

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 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	NORTHEAST ASIAN RICE BOWL: Korean Braised Ribbies Oriental Fried Rice Steamed White Rice Seasoned Broccoli Crunchy Chow Mein Noodles Homemade Sesame Sauce Fresh Chopped Green Onion	MASHED POTATO BOWL: Breaded Popcorn Chicken Mashed Potatoes Seasoned Mixed Veggies Homemade Corn Bread Chicken Gravy Fresh Shredded Carrot	NACHO BOWL: Spicy Taco Meat Cilantro Brown Rice Whole Grain Corn Tortilla Shell Rounds Mexican Corn Cinnamon Breadstick Spicy Salsa Shredded Cheddar	AMERICAN DINER BOWL: Roast Turkey w/ Gravy* Rice Pilaf w/ Orzo* Smashed Sweet Potatoes* Seasoned Green Beans WG Dinner Roll* Turkey Gravy Green Parsley Flakes	ITALIAN PASTA BOWL: Saucy Italian Meatballs Curly Rotini Pasta Seasoned Mixed Veggies Toasted Whole Grain Garlic Bun Red Marinara Sauce Roma Herb Seasoning Blend
 Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps	Hot Chili Burger w/ Monterey Jack Breaded Chicken Sandwich Broccoli w/ Cheese Sauce Fresh Iceberg Lettuce & Tomato	Whole Grain Breaded Chicken Corn Dog Nuggets w/ Biscuit Classic Cheeseburger Mashed Potatoes Fresh Iceberg Lettuce & Tomato	Pizza Burger on a Whole Wheat Bun* Breaded Chicken Sandwich Corn Fresh Romaine Lettuce & Tomato*	Breaded Chicken Parm Sandwich Classic Cheeseburger Smashed Sweet Potatoes Fresh Iceberg Lettuce & Tomato	Breakfast Burrito Breaded Chicken Sandwich Seasoned Potato Wedges Fresh Iceberg Lettuce & Tomato
 Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily	Pepperoni Pizza Tossed Salad w/ Light Dressing	Chicken Tostado Flatbread* Pinto or Kidney Bean Salad*	Rip & Dips Caesar Romaine Side Salad w/ Croutons	Mexican Pizzas Tossed Salad w/ Light Dressing	Hot Dog Twist Sweet Corn Salad
 Fresh Food Fast- Packaged for Grab N' Go	Deli Chef Salad w/ Crackers Italian Hero Green Bean Salad Fresh Orange*	Cobb Salad w/ Crackers Parisian Ham & Cheese Wrap Carrot Sticks Fresh Pear*	Caribbean Chicken Salad w/ Homemade Spicy Dressing Fruit Yogurt Parfait W/ Granola Topping Cucumber Citrus Salad Chilled Peaches	Chicken Caesar Salad w/ Crackers Buffalo Chicken Salad Wrap Sweet and Sour Celery Petite Bananas*	Crispy Chicken Popper Salad w/ Crackers Roast Beef, Red Onion & Spicy Tomato Mayo on Multigrain Bread* w/ Homemade Sweet Corn Salad Carrot Sticks Cinnamon Applesauce
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Green Bean Salad Tossed Salad w/ Light Dressing Chilled Mixed Fruit Fresh Orange Wedges*	Pinto or Kidney Bean Salad* Carrot Sticks Sweet Chewy Raisins 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 Petite Bananas* Chilled Mixed Fruit	Sweet Corn Salad Carrot Sticks Tossed Salad w/ Light Dressing Cinnamon Applesauce*



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)



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 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	WET BURRITO BOWL: Beef & Bean Chili Fiesta Rice Golden Corn Shredded Lettuce & Diced Tomato Flour Tortilla Salsa Shredded Cheddar	SPUDS BOWL: Baked Potato Diced Ham Chili Homemade Corn Bread Steamed Broccoli Cheese Sauce Chopped Green Onion	STIRFRY BOWL: Seasoned Chicken or Beef Oriental Fried Rice Steamed White Rice Oriental Blend Vegetables Lo Mein Sauce Fortune Cookie Chopped Green Onion	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 Tomato	BRUNCH FOR LUNCH BOWL: Scrambled Eggs, Crumbled Sausage Herb Roasted Potatoes w/ Shredded Carrot Fresh Orange Wedges Fruit Crisp Whole Wheat French Toast Stix Warm Syrup Shredded Cheddar
 Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps	Alpine Swiss Burger Breaded Chicken Sandwich Golden Corn Fresh Iceberg Lettuce & Tomato	Hot Ham & Cheese on a Whole Wheat Bagel Classic Cheeseburger Baked Potato Fresh Iceberg Lettuce & Tomato	California Cheese Steak Wrap Breaded Chicken Sandwich Oriental Blend Vegetable Fresh Romaine Lettuce & Tomato	Breaded Popcorn Chicken w/ Biscuit Classic Cheeseburger Mashed Potatoes Fresh Iceberg Lettuce & Tomato	Greek Breaded Chicken Sandwich on a Whole Wheat Bun* Classic Cheeseburger Herb Roasted Potatoes w/ Shredded Carrot* Fresh Iceberg Lettuce & Tomato
 Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily	Pepperoni Pizza Tossed Salad w/ Light Dressing	Veggie Lovers Pizza Carrot Sticks	Chicken & Roma Tomato Whole Grain Pizza Caesar Romaine Side Salad w/ Croutons	BBQ Chicken Pizza Tossed Salad w/ Light Dressing*	Italian Stromboli Tossed Salad w/ Light Dressing
 Fresh Food Fast-Packaged for Grab N' Go	Garden Cheese Salad w/ Crackers Chicken Caesar Wrap Confetti Coleslaw Petite Banana	Wild Greens Antipasto Salad w/ Dinner Roll* Roast Beef on Rye w/ Golden Honey Mustard Fresh Local Apples* Sweet Corn Salad	Garden Deil Chef Salad w/ Turkey Club Bagel Sandwich Sweet Chewy Raisins Carrot Sticks	Catalina Turkey Club Salad w/ Crackers Italian Hero 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
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Petite Banana* Confetti Coleslaw Chilled Mixed Fruit Mandarin Oranges	Fresh Local Apples* Tossed Salad w/ Light Dressing 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* Chilled Fruit Crisp

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 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	BACKYARD BBQ BOWL: Honey BBQ Chicken Homemade Macaroni Salad Homemade Potato Salad Fresh Corn on the Cob Warm Breadstick Honey BBQ Sauce Fresh Chopped Green Onion	FIESTA POTATO BOWL: Spicy Beef Mexican Meat Whole Baked Potato Seasoned Potato Wedges* Steamed Broccoli Cuts Homemade Corn Bread Cheddar Cheese Sauce Fresh Shredded Carrots	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 Size Mashed Potatoes Stewed Tomatoes Made w/ Fresh Tomatoes Seasoned Mixed Vegetables WG Dinner Roll Brown Gravy Green Parsley Flakes	ITALIAN PASTA BOWL: Seasoned Chicken Rotini Pasta Fettuccini Pasta Roasted Italian Vegetables Creamy Roasted Garlic Sauce Red Marinara Sauce Warm Breadsticks Roma Herb Seasoning
 Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps	Classic Cheeseburger Spicy Chicken Sandwich on WW Bun Corn on the Cob Fresh Iceberg Lettuce & Tomato	Pizza Burger Breaded Chicken Sandwich Mashed Potatoes Fresh Iceberg Lettuce & Tomato	Hot Sausage, Egg & Cheese on a Whole Wheat English Muffin Classic Cheeseburger Glazed Carrots Fresh Romaine Lettuce & Tomato*	BLT Burger Breaded Chicken Sandwich Baked Potato* Fresh Romaine Lettuce & Tomato	Toasted Mozzarella w/ Pepperoni on WW Bread Classic Cheeseburger Roasted Italian Vegetables Fresh Romaine Lettuce & Tomato
 Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily	Pepperoni Pizza Tossed Salad w/ Light Dressing	Rip & Dips w/ Dipping Sauce Caesar Romaine Side Salad w/ Croutons	Chicken Brushetta Pizza Topped w/ Fresh Tomatoes* Marinated Tomato & Cucumber Salad Made with Cucumbers & Tomatoes	Chicken Tostada Flatbread Buttermilk Coleslaw Made w/ Fresh Cabbage	Hot Dog Twist Sweet Corn Salad
 Fresh Food Fast-Packaged for Grab N' Go	Deli Chef Salad w/ Crackers Triple Decker Turkey Club on Whole Wheat Macaroni Salad Fresh Orange*	Breaded Chicken Caesar Salad w/ Crackers Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo Fruit Yogurt Parfait w/ Granola Topping Southwest Corn & Black Bean Salad Fresh Apples	Mandarin Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing Buffalo Chicken Salad Wrap Marinated Tomato & Cucumber Salad Made with Cucumbers & Tomatoes Petite Bananas	Cobb Salad w/ Crackers Parisian Ham & Cheese Wrap Carrot Sticks Buttermilk Coleslaw Made w/ Fresh Cabbage Chilled Peaches	Crispy Chicken Popper Salad w/ Crackers Grilled Chicken and Roasted Vegetables on a Kaiser Roll Sweet Corn Salad Chilled Applesauce
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Macaroni 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 Corn & Tomatoes Fresh Local Apples Chilled Peaches	Marinated Tomato & Cucumber Salad Made w/ Cucumbers & Tomatoes Tossed Salad w/ Light Dressing* Chilled Pineapples Fresh Pears*	Buttermilk Coleslaw Made w/ Fresh Cabbage Tossed Salad w/ Light Dressing Fresh Local Fruit Chilled Mandarin Orange*	Sweet Corn Salad Tossed Salad w/ Light Dressing Carrot Sticks Chilled Pear and Raisin Salad Chilled Applesauce

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 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	ASIAN RICE BOWL: Breaded Popcorn Chicken Oriental Fried Rice Steamed White Rice Fresh Carrots & Onions Crunchy Chow Mein Noodles Sweet N Sour Sauce Fresh Chopped Green Onion Cheddar Onion Burger	UPSIDE DOWN RANCHER'S PIE BOWL: Savory Beef w/ Vegetables* Mashed Potatoes* Warm Baked Apple Slices* Sweet Peas* WG Dinner Roll* Brown Gravy* Shredded Cheddar Classic Cheeseburger	CHICKEN PARM BOWL: Breaded Chicken Cutlet* Seasoned Pasta* Fettuccini Seasoned Mixed Veggies* Fresh Baked WG Breadstick Red Marinara Sauce* Shredded Part Skim Mozzarella* Cheese Steak Sandwich	Spuds Bar Seasoned Potato Wedges Baked Sweet Potato Sloppy Joe Meat Steamed Broccoli Cheese Sauce Biscuits Roma Herb Blend Fresh Chopped Green Onion Breaded Chicken Tenders w/ Biscuit	TEX MEX BOWL Beef Taco Meat Fiesta Rice Refried Beans Flour Tortilla Mexican Corn Shredded Cheese Roasted Tomato Salsa BLT Burger Spicy Chicken Sandwich Seasoned Corn Warm Fruit Crisp Fresh Iceberg Lettuce & Tomato
 Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps	Breaded Chicken Sandwich Carrots & Onions Fresh Iceberg Lettuce & Tomato	Hot Ham & Cheese on WW Bagel Warm Baked Apple Slices Fresh Iceberg Lettuce & Tomato	Breaded Chicken Sandwich Sautéed Peppers & Onions Fresh Romaine Lettuce & Tomato	South of the Border Chicken Pizza* Tossed Salad w/ Light Dressing*	Cheese Fingers Rip N Dip w/ Tomato Dipping Sauce Confetti Coleslaw
 Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily	Pepperoni Pizza Tossed Salad w/ Light Dressing	Ham and Cheese Stromboli Carrot Sticks	Sausage Pizza Caesar Romaine Side Salad w/ Croutons	Tossed Salad w/ Light Dressing*	Confetti Coleslaw
 Fresh Food Fast-Packaged for Grab N' Go	Garden Cheese Salad w/ Crackers Chicken Caesar Wrap* w/ Homemade Green Bean Salad* Green Bean Salad Fresh Orange	Crispy Chicken Popper Salad w/ Crackers Roast Beef on Rye w/ Golden Honey Mustard Carrot Sticks Chilled Pears	Breaded Chicken Caesar Salad w/ Crackers Asian Six Treasure Chicken Salad w/ Sweet N Sour Dressing & Whole Wheat Roll Celery Sticks Chilled Pineapples Chilled Pineapples*	Catalina Turkey Club Salad w/ Crackers Little Italy Wrap Carrot Sticks Petite Bananas	Chunky Tuna Salad w/ Crackers Fruit Yogurt Parfait W/ Granola Topping Italian Hero Sweet Corn Salad Chilled Mixed Fruit Carrot Sticks
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Green Bean Salad Tossed Salad w/ Light Dressing Chilled Applesauce Fresh Orange Wedges*	Tossed Salad w/ Light Dressing Carrot Sticks Cucumber Slices Chilled Pears	Apple Salad Made w/ Fresh Local Apples Caesar Romaine Side Salad w/ Croutons Celery Sticks	Tossed Salad w/ Light Dressing* Petite Bananas* Chilled Applesauce Carrot Sticks	Confetti Coleslaw Sweet Corn Salad Chilled Mixed Fruit



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