



NOVEMBER & DECEMBER 2024 MENU

Every child deserves a healthy start.™

Our lunch menus are carefully selected to provide healthy variety, balance, and flavor. Our sauces and dressings are homemade and contain no high fructose corn syrup, preservatives, or additives. Our hamburger patties are 100% natural beef, and our chicken is fresh and natural.

For our sandwiches, we proudly utilize locally produced artisanal breads.

Each meal is served à la carte and includes packaged utensils, napkins, and condiments.

All are individually packaged and labeled with student name and grade.

Menu Options Always Include:

Vegetarian

Vegan

Gluten Free

Dairy Free



NOVEMBER & DECEMBER 2024 MENU

MONDAYS

Vegetarian / Veg Option Vegan Gluten Free / GF Option Dairy Free

SALADS

- PLAIN CAESAR SALAD** Romaine, Herb Crouton, Parmesan Dressing \$7.50
- GRILLED CHICKEN CAESAR SALAD** Romaine, Herb Crouton, Parmesan Dressing \$8.25
- ROAST CHICKEN COBB SALAD** Romaine, Egg, Bacon, Tomato, Cucumber, Cheddar Cheese, Ranch Dressing **GF** \$8.25

SANDWICHES

- BASIC TURKEY HOAGIE** Provolone Cheese \$6.75
- SOUTHWEST CHICKEN WRAP** Black Bean, Roast Corn, Pico de Gallo, Cabbage, Lettuce, Cheddar Cheese, Avocado-Cilantro Ranch, Dressing, Flour Tortilla \$8.25
- HAM & CHEDDAR CHEESE SLIDERS (3)** Sweet Hawaiian Roll \$7.50
- SUNBUTTER & JELLY SANDWICH** White Bread **V GF Option** \$6.25

COLD & HOT ENTREES

- 4 PIECE CHICKEN TENDERS** **DF** \$7.95
- ALL BEEF HOT DOG** Traditional Bun **DF GF Option** \$5.00
- BEEF CHOW MEIN 12 oz** Sesame Noodle, Carrot, Cabbage, Celery, Pea, Onion **DF** \$8.95
- BLACKENED CHICKEN PASTA** Bell Pepper, Onion, Tomato, Cajun Alfredo Sauce **8 oz** \$8.45 / **12 oz** \$8.95
- BUTTERED NOODLES WITH CHICKEN 12 oz** Penne Pasta, Chopped Grilled Chicken **GF Option** \$7.95
- BUTTERED NOODLES 8 oz** Penne Pasta **VEG GF Option** \$6.50
- GRILLED CHICKEN PITA KIT** Carrot, Jicama, Tomato, Cucumber, Tzatziki Sauce, Hummus, Pita Bread \$8.25
- FALAFEL PITA KIT** Carrot, Jicama, Tomato, Cucumber, Tzatziki Sauce, Hummus, Pita Bread **VEG** \$7.95
- SAUSAGE BREAKFAST BURRITO** Scrambled Eggs, Tater Tots, Cheddar Cheese, Flour Tortilla \$6.95
- SWEDISH MEATBALLS** Mashed Potato, Peas, Lingonberry Gravy \$8.95

SNACKS & BEVERAGES

Bottled Water \$1.25	Edamame \$3.80	Smartfood Popcorn \$2.45
Organic Milk (Plain) \$2.95	Orange Slices \$3.75	Stacey's Pita Chips \$2.45
Organic Milk (Chocolate) \$2.95	Cucumbers & Ranch \$3.80	Whole Grain Cheez Its \$0.95
Honest Juice \$1.95	Carrots & Hummus \$3.95	Protein Bites (2) \$4.15
San Pellegrino \$2.85	Miss Vickie's Chips \$2.40	Freshly Baked Cookies \$1.20



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TUESDAYS

Vegetarian / Veg Option Vegan Gluten Free / GF Option Dairy Free

SALADS

- PLAIN CAESAR SALAD** Romaine, Herb Crouton, Parmesan Dressing \$7.50
GARLIC SHRIMP CAESAR Romaine, Herb Crouton, Parmesan Dressing \$8.50
GREEK CHICKEN SALAD Romaine, Cucumber, Tomato, Onion, Olive, Feta Cheese, Citronade Dressing **GF** \$8.25

SANDWICHES

- BLT SANDWICH** Bacon, Lettuce, Tomato, White Bread **DF** \$8.25
SUNBUTTER & JELLY SANDWICH White Bread **V GF Option** \$6.25
TURKEY & CHEDDAR SANDWICH White Bread \$6.75

COLD & HOT ENTREES

- 4 PIECE CHICKEN TENDERS** **DF** \$7.95
BUTTERED NOODLES WITH CHICKEN 12 oz Penne Pasta, Chopped Grilled Chicken **GF Option** \$7.95
BUTTERED NOODLES 8 oz Penne Pasta **VEG GF Option** \$6.50
COLD TOFU UDON NOODLE BOWL Cucumber, Edamame, Cabbage, Carrot, Green Onion, Sesame Seed, Soy-Ginger Dressing **V DF** \$8.25
BEAN & CHEESE BURRITO Cheddar Cheese, Pinto Bean, Flour Tortilla **VEG** \$6.50
CRB BURRITO Chopped Grilled Chicken, Spanish Rice, Pinto Bean, Flour Tortilla **DF** \$7.25
HOT HAM & SWISS CHEESE SLIDERS (3) Garlic Butter, Sweet Hawaiian Roll \$7.50
PENNE CHICKEN ALFREDO 12 oz Parmesan Cream Sauce **GF Option** \$8.95
PENNE ALFREDO 8 oz Parmesan Cream Sauce **VEG GF Option** \$7.75
SHEPHERD'S PIE Seasoned Ground Beef, Creamy Mashed Potato, Pea, Carrot, Cheddar Cheese **GF** \$8.95
WHOLE GRAIN CHICKEN CORN DOG **DF** \$4.75

SNACKS & BEVERAGES

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| Bottled Water \$1.25 | Edamame \$3.80 | Smartfood Popcorn \$2.45 |
| Organic Milk (Plain) \$2.95 | Pineapple Cup \$3.95 | Stacey's Pita Chips \$2.45 |
| Organic Milk (Chocolate) \$2.95 | Cucumbers & Ranch \$3.80 | Whole Grain Cheez Its \$0.95 |
| Honest Juice \$1.95 | Carrots & Hummus \$3.95 | Protein Bites (2) \$4.15 |
| San Pellegrino \$2.85 | Miss Vickie's Chips \$2.40 | Freshly Baked Cookies \$1.20 |



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WEDNESDAYS

Vegetarian / Veg Option Vegan Gluten Free / GF Option Dairy Free

SALADS

- PLAIN CAESAR SALAD** Romaine, Herb Crouton, Parmesan Dressing \$7.50
GRILLED CHICKEN CAESAR SALAD Romaine, Herb Crouton, Parmesan Dressing \$8.25
CHINESE CHICKEN SALAD Field Green, Orange, Carrot, Cabbage, Edamame, Cucumber, Wonton Strip, Orange-Sesame Dressing **DF** \$8.25

SANDWICHES

- ITALIAN COLD SUB** Salami, Ham, Provolone, Shredded Lettuce, Tomato, Red Onion, Pepperoncini, Italian Dressing, Baguette \$8.25
SUNBUTTER & JELLY SANDWICH White Bread **V GF Option** \$6.25
TURKEY & CHEDDAR CHEESE SLIDERS (3) Sweet Hawaiian Roll \$7.50

COLD & HOT ENTREES

- 4 PIECE CHICKEN TENDERS** **DF** \$7.95
BUTTERED NOODLES WITH CHICKEN 12 oz Penne Pasta, Chopped Grilled Chicken **GF Option** \$7.95
BUTTERED NOODLES 8 oz Penne Pasta **VEG GF Option** \$6.50
CALIFORNIA "POKE" BOWL Krab, Sticky Rice, Edamame, Tomato, Cucumber, Japanese Carrot, Cabbage, Green Onion, Side of: Pickled Ginger, Sriracha-Sesame Mayo, Soy Sauce **DF** \$9.35
COLD SWEET POTATO & GARBANZO BEAN BOWL Garlic Cauliflower, Grilled Red Onion, Roast Apple, Dry Cranberry, Kale, Quinoa, Maple- Tahini Dressing **V GF** \$7.75
CHEESEBURGER Cheddar Cheese, White Bun **GF Option** \$7.75
HAMBURGER White Bun **DF GF Option** \$7.50
HOUSE CHICKEN BOWL 12 oz Steamed Jasmine Rice, Cabbage, Carrot, Onion **DF** \$8.40
MAC & CHEESE Macaroni, House Made Cheese Sauce **VEG GF Option 8 oz** \$7.25 / **12 oz** \$7.75
TRADITIONAL POT ROAST Carrot, Pea, Onion, Celery Mashed Potato **GF** \$8.45

SNACKS & BEVERAGES

Bottled Water \$1.25	Edamame \$3.80	Smartfood Popcorn \$2.45
Organic Milk (Plain) \$2.95	Mixed Fruit Cup \$3.75	Stacey's Pita Chips \$2.45
Organic Milk (Chocolate) \$2.95	Cucumbers & Ranch \$3.80	Whole Grain Cheez Its \$0.95
Honest Juice \$1.95	Carrots & Hummus \$3.95	Protein Bites (2) \$4.15
San Pellegrino \$2.85	Miss Vickie's Chips \$2.40	Freshly Baked Cookies \$1.20



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THURSDAYS

Vegetarian / Veg Option Vegan Gluten Free / GF Option Dairy Free

SALADS

- PLAIN CAESAR SALAD** Romaine, Herb Crouton, Parmesan Dressing \$7.50
GRILLED CHICKEN CAESAR SALAD Romaine, Herb Crouton, Parmesan Dressing \$8.25
CHICKEN & HARVEST COUSCOUS SALAD Spinach, Red Cabbage, Roasted Butternut Squash, Apple, Dried Cranberries, Sunflower Seed, Goat Cheese, Maple-Balsamic Dressing *VEG Option* \$8.25

SANDWICHES

- OVEN ROASTED TURKEY CLUB SANDWICH** Bacon, Lettuce, Tomato, White Bread *DF GF Option* \$8.25
SUNBUTTER & JELLY SANDWICH White Bread *V GF Option* \$6.25
CAPRESE SANDWICH Mozzarella, Tomato, Basil, Balsamic, White Baguette *VEG* \$8.25

COLD & HOT ENTREES

- ALL BEEF HOT DOG** Traditional Bun *DF GF Option* \$5.00
4 PIECE CHICKEN TENDERS *DF* \$7.95
BBQ PULLED PORK SLIDERS (3) Sweet Hawaiian Roll \$7.95
BUFFALO ROAST CAULIFLOWER Cucumber, Red Onion, Carrot, Sunflower Seed, Quinoa, Arugula, Vegan Ranch *V* \$7.95
BUTTERED NOODLES WITH CHICKEN 12 oz Penne Pasta, Chopped Grilled Chicken *GF Option* \$7.95
BUTTERED NOODLES 8 oz Penne Pasta *VEG GF Option* \$6.50
COLD PORK DUMPLINGS (6) Cucumber, Edamame, Ponzu \$8.50
GRILLED CHICKEN & SWEET POTATO BOWL 12 oz Garlic Rice, Black Bean, Bell Pepper, Tomatillo-Cilantro Sauce *GF DF* \$8.95
PENNE & MEATBALLS 12 oz Marinara, Parmesan Cheese \$8.95
PENNE MARINARA 8 oz *DF VEG GF Option* \$7.15

SNACKS & BEVERAGES

Bottled Water \$1.25	Edamame \$3.80	Smartfood Popcorn \$2.45
Organic Milk (Plain) \$2.95	Watermelon \$3.75	Stacey's Pita Chips \$2.45
Organic Milk (Chocolate) \$2.95	Cucumbers & Ranch \$3.80	Whole Grain Cheez Its \$0.95
Honest Juice \$1.95	Carrots & Hummus \$3.95	Protein Bites (2) \$4.15
San Pellegrino \$2.85	Miss Vickie's Chips \$2.40	Freshly Baked Cookies \$1.20



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FRIDAYS

Vegetarian / Veg Option Vegan Gluten Free / GF Option Dairy Free

SALADS

ANTIPASTI SALAD Mixed Green, Salami, Ham, Mozzarella, Pepperoncini, Tomato, Cucumber, Italian Dressing **GF** \$8.35

PLAIN CAESAR SALAD Romaine, Herb Crouton, Parmesan Dressing \$7.50

GRILLED CHICKEN CAESAR SALAD Romaine, Herb Crouton, Parmesan Dressing \$8.25

SANDWICHES

THAI SWEET CHILI CHICKEN WRAP Carrot, Cucumber, Bell Pepper, Cabbage, Lettuce, Cilantro, Hoisin- Sunbutter Spread, Flour Tortilla **DF** \$8.50

TURKEY & SWISS CROISSANT Arugula, Tomato, Dijonnaise \$9.25

SUNBUTTER & JELLY SANDWICH White Bread **V GF Option** \$6.25

COLD & HOT ENTREES

4 PIECE CHICKEN TENDERS **DF** \$7.95

BUTTERED NOODLES 8 oz Penne Pasta **VEG GF Option** \$6.50

CHICKEN POT PIE Pea, Carrot, Onion, Celery, Herb Gravy, Biscuit Crust \$8.50

COLD FALAFEL BOWL Leaf Lettuce, Quinoa, Tomato, Cucumber, Cabbage, Bell Pepper, Olive, Garbanzo Bean, Hummus, Lemon- Tahini Dressing **GF V** \$7.95

CARNE ASADA BOWL Carrot, Onion, Corn, Spanish Rice, Pinto Bean, Mild Red Salsa **DF GF** \$8.95

CHEESE PIZZA SANDWICH Mozzarella Cheese, Cheddar Cheese, Tomato Sauce, Baguette **VEG** \$6.25

PEPPERONI PIZZA SANDWICH Mozzarella Cheese, Pepperoni, Tomato Sauce, Baguette \$7.50

STEAMED PORK BUNS (2) \$7.75

SNACKS & BEVERAGES

Bottled Water \$1.25

Edamame \$3.80

Smartfood Popcorn \$2.45

Organic Milk (Plain) \$2.95

Grape Cup \$4.25

Stacey's Pita Chips \$2.45

Organic Milk (Chocolate) \$2.95

Cucumbers & Ranch \$3.80

Whole Grain Cheez Its \$0.95

Honest Juice \$1.95

Carrots & Hummus \$3.95

Protein Bites (2) \$4.15

San Pellegrino \$2.85

Miss Vickie's Chips \$2.40

Freshly Baked Cookies \$1.20