



## FALL 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



## FALL 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  
**CHICKEN TENDER SALAD** Tomato, Cucumber, Carrot, Red Cabbage, Cheddar Cheese, Sunflower Seed, Buffalo Ranch Dressing \$8.25

#### SANDWICHES

- BASIC TURKEY HOAGIE** Provolone Cheese \$6.75  
**CHICKEN SALAD WRAP** Celery, Red Onion, Grape, Dijonnaise, Lettuce, Whole Wheat 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 TERIYAKI BOWL 12 oz** Carrot, Onion, Cabbage, Edamame, Steamed Jasmine Rice *DF* \$8.95  
**BLACKENED CHICKEN PASTA** Bell Pepper, Onion, Tomato, Cajun Alfredo Sauce **8 oz** \$8.45 / **12 oz** \$8.95  
**BREADED CHICKEN SANDWICH** Swiss Cheese, Dill Pickle, Soft Bun \$7.75  
**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 BURRITO** Carne Asada, French Fries, Cheddar Cheese, Salsa Roja, Sour Cream \$8.50  
**FALAFEL PITA KIT** Carrot, Jicama, Tomato, Cucumber, Tzatziki Sauce, Hummus, Pita Bread *VEG* \$7.95

#### SNACKS & BEVERAGES

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



## FALL 2024 MENU

### 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  
**CHICKEN ORZO PASTA SALAD** Feta Cheese, Red Onion, Tomato, Cucumber, Kalamata Olive, Basil, Spinach, Balsamic Dressing \$8.25

#### SANDWICHES

- CHICKEN PESTO SANDWICH** Fresh Mozzarella, Tomato, Arugula, Balsamic Pesto, Baguette \$8.25  
**SUNBUTTER & JELLY SANDWICH** White Bread *V GF Option* \$6.25  
**TURKEY & BACON WRAP** Lettuce, Tomato, Ranch Dressing, Spinach Tortilla \$8.25

#### 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  
**GROUND BEEF TACO BOWL** Onion, Corn, Spanish Rice, Pinto Bean, Cheddar Cheese, Mild Red Salsa *GF* \$8.75  
**HOT HAM & SWISS CHEESE SLIDERS (3)** Garlic Butter, Sweet Hawaiian Roll \$7.50  
**KOREAN BBQ BEEF BURRITO** Kimchi, Cilantro, White Rice, Sriracha Mayo, Flour Tortilla *DF* \$8.35  
**PENNE CHICKEN ALFREDO 12 oz** Parmesan Cream Sauce *GF Option* \$8.95  
**PENNE ALFREDO 8 oz** Parmesan Cream Sauce *VEG GF Option* \$7.75

#### SNACKS & BEVERAGES

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



## FALL 2024 MENU

### 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
- BEAN & CHEESE BURRITO** Cheddar Cheese, Pinto Bean, Flour Tortilla **VEG** \$6.50
- 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
- CHICKEN TIKKA MASALA** Pea, Buttered Basmati Rice **GF** \$8.95
- CHEESEBURGER** Cheddar Cheese, White Bun **GF Option** \$7.75
- HAMBURGER** White Bun **DF GF Option** \$7.50
- MAC & CHEESE** Macaroni, House Made Cheese Sauce **VEG GF Option** **8 oz** \$7.25 / **12 oz** \$7.75

#### SNACKS & BEVERAGES

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



## FALL 2024 MENU

### 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

**BEEF TACO SALAD** Romaine, Tomato, Roasted Corn, Black Bean, Cheddar Cheese, Pico de Gallo, Corn Tortilla Strips, Salsa Ranch Dressing **GF** \$8.35

#### 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

**TUNA SALAD SANDWICH** Lettuce, Tomato, Multigrain Bread \$8.25

#### 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

**BBQ PULLED PORK SLIDERS (3)** Sweet Hawaiian Roll \$7.95

**CHICKEN CHOW MEIN** Sesame Noodle, Carrot, Cabbage, Celery, Pea, Onion **8 oz** \$8.45 / **12 oz** \$8.95

**COLD PORK DUMPLINGS (6)** Cucumber, Edamame, Ponzu \$8.50

**GRILLED CHICKEN & SWEET POTATO BOWL 12 oz** Garlic Rice, Black Bean, Corn, 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** **8 oz** \$7.15 / **12 oz** \$7.25

#### SNACKS & BEVERAGES

**Bottled Water** \$1.25

**Organic Milk (Plain)** \$2.95

**Organic Milk (Chocolate)** \$2.95

**Honest Juice** \$1.95

**San Pellegrino** \$2.85

**Edamame** \$3.80

**Watermelon** \$3.75

**Cucumbers & Ranch** \$3.80

**Carrots & Hummus** \$3.95

**Miss Vickie's Chips** \$2.40

**Smartfood Popcorn** \$2.45

**Stacey's Pita Chips** \$2.45

**Whole Grain Cheez Its** \$0.95

**Protein Bites (2)** \$4.15

**Freshly Baked Cookies** \$1.20



## FALL 2024 MENU

### FRIDAYS

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

**CHEF SALAD** Romaine, Turkey, Ham, Hard Boiled Egg, Cheddar, Swiss Cheese, Tomato, Cucumber, Ranch Dressing **GF** \$8.25

#### SANDWICHES

**BBQ CHICKEN TENDER WRAP** Lettuce, Tomato, Shredded Cheddar Cheese, BBQ Ranch, Flour Tortilla \$8.25

**TURKEY & APPLE JAM SANDWICH** Swiss Cheese, Caramelized Onion, Arugula, Multigrain Bread \$8.25

**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

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

**CHEESE ENCHILADAS** Refried Pinto Bean, Spanish Rice **VEG GF** \$7.75

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

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

**ROLLED CHIPOTLE CHICKEN QUESADILLA** Bell Pepper, Onion, Cheese, Flour Tortilla \$7.95

**STEAMED PORK BUNS (2)** \$7.75

**VEGETARIAN BURRITO** Spinach, Black Bean, Spanish Rice, Corn, Onion, Cheese, Chipotle Cream, Flour Tortilla **VEG** \$6.50

#### 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