



Junior High & High School Lunch Menu

CLASSIC MENU

Offered at the indoor cafe

GRAB 'N GO

- ✓ Bean & Cheese Burrito ●●
- Cheeseburger ●●
- Chicken Nuggets & Roll (regular and spicy) ●●
- ✓ Mediterranean Falafel Platter ●●●
- ✓ Smoothie with Cheesy Breadsticks ●●●

SALAD

- DF Asian Chicken Salad ●●
- Chicken Caesar Salad ●●
- ✓GFDF Vegan Power Salad ●●●

PIZZA (available Mon, Wed & Fri)

- Mon: Pepperoni Pizza ●●
- Wed: Pepperoni Pizza ●●
- Fri: P 4-Meat Pizza ●●

FUSION TACOS (available Tues & Thurs)

- Tues: GFDF Korean Chicken Tacos ●●
- Thurs: GF P Carnitas Tacos ●●

DAILY CHEF SPECIALS

- Mon: Chicken & Gravy, Potatoes & Roll ●●●
- Tues: Grilled Chicken Sandwich ●●
- Wed: Spaghetti with Meatballs & Garlic Bread ●●
- Thurs: Grilled Chicken Sandwich ●●
- Fri: DF Fried Rice with Orange Chicken ●●

ON-THE-GO MENU

Offered at the grab & go windows and carts

GRAB 'N GO

- Cheeseburger ●●
- Chicken Nuggets & Roll (regular & spicy) ●●
- Chicken Wrap (regular & spicy) ●●
- ✓ Mediterranean Falafel Platter ●●●
- ✓ Smoothie with Cheesy Breadsticks ●●●

SALAD

- DF Asian Chicken Salad ●●
- Chicken Caesar Salad ●●
- ✓GFDF Vegan Power Salad ●●●

PIZZA (available Mon, Wed & Fri)

- Mon: Pepperoni Pizza ●●
- Wed: Pepperoni Pizza ●●
- Fri: P 4-Meat Pizza ●●

FUSION TACOS (available Tues & Thurs)

- Tuesday: GFDF Korean Chicken Tacos ●●
- Thursday: GF P Carnitas Tacos ●●

DELI SANDWICHES

- Turkey & Cheese Sandwich ●●
- Tuna Salad Sandwich ●●

SIDES AVAILABLE ON BOTH CLASSIC AND ON-THE-GO MENUS

Choose up to 5 fruits and/or vegetables and 4 condiments

- ✓GFDF **FRUIT:** Assorted Fresh Fruit (based on seasonal availability) ●
- ✓GF **MILK:** 1% Low-Fat Milk, Non-Fat Milk and Non-Fat Chocolate Milk ●
- ✓GFDF **VEGETABLES:** Assorted Veggie Cups, Side Salad, Carrots, Corn & Potatoes (options vary daily) ●
- ✓ **CONDIMENTS:** BBQ Sauce, Crushed Red Pepper, Jalapeno Sauce, Ketchup, Mustard & Ranch

- ✓ Vegetarian
- GF No gluten containing ingredients
- DF No dairy containing ingredients
- P May contain pork



What Makes a Lunch?

Choose 3 to 5 different components

- GRAIN ●
- FRUIT ●
- MILK ●
- PROTEIN ●
- VEGETABLE ●

Must include a **FRUIT** or **VEGETABLE**