



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 ●●●
- T/W/Th ✓ Smoothie & Cheesy Breadsticks ●●●
- M/F ✓ Cheesy Breadsticks & Marinara ●●●

SALAD

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

PIZZA (available Mon, Wed & Fri)

- Mon: Stuffed Crust Pepperoni Pizza ●●
- Wed: Stuffed Crust Pepperoni Pizza ●●
- Fri: Buffalo Chicken Pizza ●●

FUSION TACOS (available Tues & Thurs)

- Tues: GF DF Thai Chili 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 Thai Basil Chicken with Fried Rice ●●

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 ●●●
- T/W/Th ✓ Smoothie & Cheesy Breadsticks ●●●
- M/F ✓ Cheesy Breadsticks & Marinara ●●●

SALAD

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

PIZZA (available Mon, Wed & Fri)

- Mon: Stuffed Crust Pepperoni Pizza ●●
- Wed: Stuffed Crust Pepperoni Pizza ●●
- Fri: Buffalo Chicken Pizza ●●

FUSION TACOS (available Tues & Thurs)

- Tuesday: GF DF Thai Chili 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

- ✓ GF DF **FRUIT:** Assorted Fresh Fruit (based on seasonal availability) ●
- ✓ GF **MILK:** 1% Low-Fat Milk, Non-Fat Milk and Non-Fat Chocolate Milk ●
- ✓ GF DF **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**