



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: Pepperoni Pizza ●●

Wed: Pepperoni Pizza ●●

Fri: Buffalo Chicken Pizza ●●

FUSION TACOS (available Tues & Thurs)

Tues: GF P Chipotle 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: Yellow Chicken Curry 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: Pepperoni Pizza ●●

Wed: Pepperoni Pizza ●●

Fri: Buffalo Chicken Pizza ●●

FUSION TACOS (available Tues & Thurs)

Tuesday: GF P Chipotle 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**