



Yucaipa High School ***Vegetarian/**Vegan** Lunch Selections **FALL 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THUNDERBIRD CAFE				
*Homemade Bean & Cheese Burrito w/Salsa	*Homemade Bean & Cheese Burrito w/Salsa	***	*Homemade Bean & Cheese Burrito w/Salsa	*Homemade Bean & Cheese Burrito w/Salsa
*Garden Salad ** Vegan— remove the container with cheese and request Italian Dressing	*Garden Salad ** Vegan— remove the container with cheese and request Italian Dressing	*Garden Salad ** Vegan— remove the container with cheese and request Italian Dressing	*Garden Salad ** Vegan— remove the container with cheese and request Italian Dressing	*Garden Salad ** Vegan— remove the container with cheese and request Italian Dressing
**Homemade Peanut Butter & Jelly	**Homemade Peanut Butter & Jelly	**Homemade Peanut Butter & Jelly	**Homemade Peanut Butter & Jelly	**Homemade Peanut Butter & Jelly
Included in the Thunderbird Café is a selection of fresh fruits and vegetable				
THEME BAR				
Asian Line *Vegetarian / ** Vegans can select: Fresh Chow Mein Noodles w/ vegetables With Steamed Brown Rice & Salad Bar Selections	Asian Line *Vegetarian / ** Vegans can select: Fresh Chow Mein Noodles w/ vegetables With Steamed Brown Rice & Salad Bar Selections	MADE TO ORDER BURRITOS: *Bean & Cheese Burrito **Bean Burrito Salad Bar	Homemade Cheese Fries w/ Jalapeno Corn Loaf Salad bar	***
T-BIRD GRILL				
Grill Line: *Vegetarian Burger with **BBQ Beans ** 5 fruits and Vegetables Note: We also serve assorted baked chips on this line; check ingredient labels may contain cheese	****	**Grill line Vegan Selections: Southwest Beans Spanish Rice Flour Tortillas 5 fruits and Vegetable	Grill Line: *Vegetarian Burger with **BBQ Beans ** 5 fruits and Vegetables Note: We also serve assorted baked chips on this line; check ingredient labels may contain cheese	****

What is a Lunch?

An entrée and 1/2 cup of fruit or vegetable serving (includes the juice) at minimum but you can have milk and a serving of all salad bar items as well

8 oz. of 1% White Milk or Non fat Chocolate Milk and 8 oz. 100% Fruit Juice is offered

If you don't want an entrée?

Then you need to take milk and two cups of fruit and vegetable

Vegetarian definition is Lacto, Lacto-Ovo Vegetarian

Menu subject to change