

March 9-12, K-12 Lunch Menu

Lunch Items Offered Daily

A variety of condiments & dressings, skim milk, 1% milk offered daily

| This institution is an equal opportunity provider. | | | | |
|--|--|---|--|---|
| Monday Mar 2 | Tuesday Mar 3 | Wednesday Mar 4 | Thursday Mar 5 | Friday Mar 6 |
| Burgers & Grilled Cheese Entrée: hamburger or cheeseburger Vegetarian Entrée: grilled cheese [∇] Hot Vegetable: crinkle-cut sweet potatoes Sides: pickles, honey mustard Fresh fruit & vegetable bar Grab & go salad: Cobb salad Grab & go sandwich: Tuna salad sandwich | Island Jerk or BBQ Rice Bowl Proteins: chicken strips, marinated tofu [∇] Sauces: BBQ or Island Jerk Sauce Grains: brown rice Hot Vegetable: roasted broccoli, roasted corn Cold Vegetable: chickpeas Fresh fruit & vegetable bar Grab & go salad: Chef's salad Grab & go sandwich: Chicken salad sandwich | Build Your Own Taco Bar Build Your Own Taco Bar with Protein Options of: LOCAL fish in chips, black beans & sofrito [∇] , taco seasoned chicken Grain: corn taco shells, brown rice Hot Vegetable: LOCAL roasted squash Sides: salsa, shredded cheddar cheese, rainbow coleslaw Fresh fruit & vegetable bar Grab & go salad: Garden salad with tuna Grab & go sandwich: Turkey sandwich | Chicken Parmesan & Spaghetti Protein: crispy chicken, shredded mozzarella cheese [∇] Grains: spaghetti, garlic bread Hot Vegetable: roasted carrots Sides: marinara sauce, red pepper flakes, dried basil, parmesan cheese Fresh fruit & vegetable bar Grab & go salad: Greek salad Grab & go sandwich: Grilled buffalo chicken wrap | Pizza Party Entrée: cheese pizza or garlic pizza [∇] Chef's choice of toppings Hot Vegetable: roasted broccoli Fresh fruit & vegetable bar Grab & go salad: Grilled buffalo chicken salad Grab & Go Sandwich: Grilled chicken wrap |
| Mar 9 | Mar 10 | Mar 11 | Mar 12 | Mar 13 |
| Build Your Own Teriyaki Noodle Bowl Protein options: teriyaki marinated tofu [∇] , teriyaki chicken Grains: lo mein noodles Hot Vegetable: roasted carrots Cold Vegetable: chickpeas Fresh fruit & vegetable bar Grab & go salad: Cobb salad Grab & go sandwich: Tuna salad sandwich | Burrito Bar Build Your Own Burrito with Protein Options of: , taco seasoned chicken, taco seasoned ground beef Grains: tortilla wrap, rice and beans [∇] Hot Vegetable: roasted corn Sides: salsa, shredded cheddar cheese, jalapeños Fresh fruit & vegetable bar Grab & go salad: Chef's salad Grab & go sandwich: Chicken salad sandwich | Meatball Subs & Spaghetti with Marinara Sauce Protein options: all beef meatballs, shredded mozzarella cheese [∇] Grains: spaghetti and garlic bread or sub roll Hot Vegetable: crinkle-cut sweet potatoes, roasted broccoli Toppings: marinara sauce, red pepper flakes, dried basil, parmesan cheese Fresh fruit & vegetable bar Grab & go salad: Garden salad with tuna Grab & go sandwich: Turkey sandwich | Hot and Cold Sandwich Variety Entrée: crispy chicken sandwich on a hamburger bun or grilled buffalo chicken wrap Vegetarian Entrée: grilled cheese [∇] Hot Vegetable: LOCAL roasted potatoes Sides: pickles, honey mustard Fresh fruit & vegetable bar Grab & go salad: Greek salad Grab & go sandwich: Grilled buffalo chicken wrap | Pizza Party Entrée: cheese pizza or garlic pizza [∇] Chef's choice of toppings Hot Vegetable: roasted broccoli Fresh fruit & vegetable bar Grab & go salad: Grilled buffalo chicken salad Grab & Go Sandwich: Grilled chicken wrap |
| Mar 16 | Mar 17 | Mar 18 | Mar 19 | Mar 20 |
| Burgers & Grilled Cheese Entrée: hamburger or cheeseburger Vegetarian Entrée: grilled cheese [∇] Hot Vegetable: crinkle-cut sweet potatoes Sides: pickles, honey mustard Fresh fruit & vegetable bar Grab & go salad: Cobb salad Grab & go sandwich: Tuna salad sandwich | Nacho Station Protein options: taco seasoned chicken, black beans & sofrito [∇] Grains: brown rice, corn tortilla chips Hot Vegetable: roasted corn Sides: salsa, shredded cheddar cheese, jalapeños Fresh fruit & vegetable bar Grab & go salad: Chef's salad Grab & go sandwich: Chicken salad sandwich | Sandwich Melts Entrée: LOCAL baked fish italiano on a hamburger bun Vegetarian Entrée: grilled cheese [∇] Hot Vegetable: crinkle-cut sweet potatoes Sides: pickles, honey mustard Fresh fruit & vegetable bar Grab & go salad: Garden salad with tuna Grab & go sandwich: Turkey sandwich | Island Jerk or BBQ Rice Bowl Proteins: chicken strips, marinated tofu [∇] Sauces: BBQ or Island Jerk Sauce Grains: brown rice Hot Vegetable: LOCAL turnips Cold Vegetable: chickpeas Fresh fruit & vegetable bar Grab & go salad: Greek salad Grab & go sandwich: Grilled buffalo chicken wrap | Pizza Party Entrée: cheese pizza or garlic pizza [∇] Chef's choice of toppings Hot Vegetable: roasted broccoli Fresh fruit & vegetable bar Grab & go salad: Grilled buffalo chicken salad Grab & Go Sandwich: Grilled chicken wrap |
| Mar 23 | Mar 24 | Mar 25 | Mar 26 | Mar 27 |
| Sandwich Variety Entrée: banh mi or grilled chicken wrap Vegetarian Entrée: grilled cheese [∇] Hot Vegetable: LOCAL roasted potatoes Sides: coleslaw, spicy mayo, honey mustard, pickles Fresh fruit & vegetable bar Grab & go salad: Cobb salad Grab & go sandwich: Tuna salad sandwich | Build Your Own Curry or Teriyaki Rice Bowl Protein options: marinated tofu [∇] , chicken Sauces: Curry or Teriyaki Sauce Grains: brown rice Hot Vegetable: roasted carrots Cold Vegetable: chickpeas Fresh fruit & vegetable bar Grab & go salad: Chef's salad Grab & go sandwich: Chicken salad sandwich | Spaghetti & Meatballs Protein: meatballs, shredded mozzarella cheese [∇] Grains: spaghetti, garlic bread Hot Vegetable: roasted broccoli, roasted carrots Sides: marinara sauce, red pepper flakes, dried basil, parmesan cheese Fresh fruit & vegetable bar Grab & go salad: Garden salad with tuna Grab & go sandwich: Turkey sandwich | Build Your Own Taco Bar Build Your Own Taco Bar with Protein Options of: taco seasoned ground beef, black beans & sofrito [∇] , taco seasoned chicken Grain: corn taco shells, brown rice Hot Vegetable: roasted corn Sides: salsa, shredded cheddar cheese, rainbow coleslaw Fresh fruit & vegetable bar Grab & go salad: Greek salad Grab & go sandwich: Grilled buffalo chicken wrap | Pizza Party Entrée: cheese pizza or garlic pizza [∇] Chef's choice of toppings Hot Vegetable: roasted cauliflower Fresh fruit & vegetable bar Grab & go salad: Grilled buffalo chicken salad Grab & Go Sandwich: Grilled chicken wrap |
| Mar 30 | Mar 31 | | | |
| Build Your Own Teriyaki Noodle Bowl Protein options: teriyaki marinated tofu [∇] , teriyaki chicken Grains: lo mein noodles Hot Vegetable: roasted carrots Cold Vegetable: chickpeas Fresh fruit & vegetable bar Grab & go salad: Cobb salad Grab & go sandwich: Tuna salad sandwich | BBQ Chicken Drumstick with Macaroni and Cheese Entrée: bbq chicken drumstick, homemade macaroni and cheese Hot Vegetable: LOCAL roasted squash Fresh fruit & vegetable bar Grab & go salad: Chef's salad Grab & go sandwich: Chicken salad sandwich | | | |