

September 2016



Cold Sandwiches & Wraps Made Fresh

Daily Sandwiches

Pastrami & Cheese
Salami & Cheese
Ham & Cheese
Turkey & Cheese
Tuna Salad Sandwich

Wraps

Selections Rotate
BBQ Chicken Wrap
Buffalo Chicken Wrap
Chicken Caesar Wrap
Chipotle Chicken Wrap
Santé Fe Turkey Wrap



Daily Salad Bar with Condiments

Today's Feature

Monday

Carrots & Beans

Tuesday

Broccoli & Celery

Wednesday

Tomatoes & Cucumbers

Thursday

Salad & Beans

Friday

Carrots & Celery



Favorite Comfort Foods & International Flavors Served

BREAKFAST		LUNCH		 Choose MyPlate.gov	Turkey Chili Bowl with Cornbread	NO SCHOOL
Student Prices \$1.50 Paid \$.30 Reduced Adult/Staff \$3.25	Student Prices \$2.55 Paid \$.40 Reduced Adult/Staff \$3.25					
Low-fat milk is served with every breakfast and lunch.						
5	6	7	8	9		
NO SCHOOL LABOR DAY	Sloppy Joe with Sweet Mashed Potatoes	Mac & Cheese with Breadstick	Sweet & Sour Chicken with Brown Rice & Stir-Fry Veggies	Fresh Baked Pizza Italian Meatball Sub		
12	13	14	15	16		
Chili Cheese Dog with Baked Fries	Chicken Alfredo with Veggie Medley & Breadstick	Mashed Potato & Chicken Bowl	Spaghetti & Meatballs with Breadstick	Fresh Baked Pizza Philly Cheese Steak Sandwich		
19	20	21	22	23		
Beef Enchiladas Mexican Style Rice & Spicy Beans	Orange Chicken with Brown Rice & Stir-Fry Veggies	Ham & Cheese Flatbread	Crispy Fish Sandwich Cilantro Lime Coleslaw	Fresh Baked Pizza Beefy Bean & Cheese Burrito		
26	27	28	29	30		
Pepperoni Pasta Bake with Roasted Summer Squash	Triple Grilled Cheese with Baked Fries	Chicken Tender Basket	Chicken Parmesan Spaghetti with Breadstick	Fresh Baked Pizza Hot Wings		



Classic Cheese pizza, Veggie and Pepperoni pizza served on Friday
All pizza made w/ reduced fat cheese & whole grain crust. Includes salad bar.

Specials

- Week 1 Buffalo Chicken
- Week 2 Italian Sausage
- Week 3 Meatball
- Week 4 Hawaiian
- Week 5 BBQ Chicken



Includes daily potato choice and salad bar.

Specials

- Monday: Chicken Sandwich
- Tuesday: Hamburger or Cheeseburger
- Wednesday: Turkey Corn Dog
- Thursday: BBQ Riblet Sandwich
- Daily: Popcorn Chicken



Fresh Food Fast- Packaged for Grab N' Go
(Salads served with a dinner roll)

Specials

- Monday: Asian Chicken Salad
- Tuesday: Ham & Turkey Chef Salad
- Wednesday: Spinach Salad
- Thursday: Satsuma Cobb Salad
- Daily: Chicken Caesar Salad

**Questions please call:
Food Service Director
916.649.7844**

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