

 = Vegetarian

 = Smart Choices Healthy Entree

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>Chicken Ranch Wrap <i>Tender chicken tossed in buttermilk ranch dressing with lettuce & tomatoes in a WW wrap</i></p>	<p>Buffalo Turkey & Cheese Wrap <i>Turkey breast with buffalo sauce, American cheese, lettuce & tomato in a WW wrap</i></p>	<p>Grilled Chicken Caesar Wrap <i>Grilled chicken slices w/ romaine lettuce, cheese & low fat Caesar dressing, served in a WW wrap</i></p>	<p>Honey Mustard Chicken Wrap <i>Crispy breaded chicken & honey mustard dressing in a WW wrap</i></p>	<p>Egg Salad Wrap <i>Freshly made egg salad w/ lettuce & tomato in a WW wrap</i></p>
<p>AVAILABLE DAILY: Boars Head Turkey or Ham, Choice of Toppings: Povolone, Swiss or American Cheese, Lettuce, Tomato, Onions, Mayonaise, Mustard on your choice of whole wheat wrap, roll or bread.</p>					
	<p>Flatbread Cheese Pizza <i>WW Panini bread topped w/ Grandpa's pizza sauce & mozzarella cheese</i></p>	<p>Broccoli Pizza <i>W.W. pizza dough topped w/ fresh mozzarella cheese & broccoli florets</i></p>	<p>Tri-Pepper Pizza <i>cheese pizza topped w/ red, green & yellow peppers</i></p>	<p>Turkey Caesar Salad Pizza <i>pizza dough topped with diced turkey breast, romaine lettuce, croutons and caesar dressing</i></p>	<p>Grilled Vegetable Pizza <i>Grilled pizza topped with zucchini, squash, eggplant, scallions and mozzarella</i></p>
<p>AVAILABLE DAILY: Plain and Pepperoni Pizza by the slice, featuring whole grain pizza dough</p>					
	<p>Chicken Sauce & Toss <i>Popcorn chicken tossed in your choice of sauce: bbq, teriyaki or buffalo</i> Sautéed Kale Oven Roasted Potatoes</p>	<p>Memphis Pulled Pork Sandwich <i>a juicy pulled pork sandwich, topped with cole slaw, on a whole grain kaiser roll</i></p>	<p>Chicken & Vegetable Dumplings <i>a flavorful combination of chicken and veggies tucked into a soft dumpling shell</i> Brown Rice Vegetable Stir Fry</p>	<p>Two Cheese Quesadilla <i>w/ american & mozzarella cheeses & salsa</i> Red Beans & Rice Green Peppers</p>	<p>Cowboy Chili <i>Chunky beef chili with tomatoes, spicy peppers & beans topped with cheddar cheese</i> Cheddar Cheese Corn Bread</p>
	<p>Veggie Enchilada <i>crispy veggie filled tortilla baked w/ chili sauce & cheddar, w/ pico de gallo & sour cream</i></p>	<p>Ranch & Chicken Quesadilla <i>Mexi chicken, mozzarella & ranch dressing melted into a WW wrap</i></p>	<p>Twin Chicken Soft Tacos <i>Mexi style chicken wrapped in a soft tortilla w/ cheddar cheese</i> Cheese Sauce</p>	<p>Chicken Taco Salad <i>A crispy tortilla topped w/ lettuce, beans, chicken, jalapenos, pico de gallo, cheddar & sour cream</i></p>	<p>Nachos Grande w/ Chicken <i>tortilla chips topped w/ mexi chicken, melted cheese, salsa, sour cream & jalapenos</i></p>
<p>AVAILABLE DAILY: Crunchy or Soft Tacos and Nacho Chips w/combination of toppings to include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Sauce</p>					
	<p>BLT Burger <i>beef patty on a whole wheat bun, topped with bacon, romaine lettuce, tomato and mayo</i></p>	<p>Austin Steak Twister Wrap on W.W. <i>grilled steak w/ BBQ sauce, sautéed onions & peppers on a W.W. tortilla wrap</i></p>	<p>Grilled Cheese & Tomato Sandwich <i>Goopy American cheese with juicy fresh tomato between two slices of grilled WW bread</i> Sweet Potato Puffs</p>	<p>Chicken Cutlet Parmesan Hero <i>baked breaded chicken cutlet on marinara sauce, topped w/ mozzarella cheese on a club roll</i></p>	<p>Denver Burger <i>grilled beef burger topped w/ American cheese, sautéed onions & peppers, lettuce mix & tomatoes on a W.W. bun</i></p>
<p>AVAILABLE DAILY: Hamburger, Cheeseburgers, Turkey Burgers & Veggie Burgers served on Whole Wheat Roll</p>					
	<p>AVAILABLE DAILY: Tossed Garden Salad, Chef Salad and Chicken Caesar Salad served with Whole Wheat Kaiser Roll. Look for the Daily Fresh Salad Bar Offered as a Complete</p> <p>Student Lunch Prices: \$2.90 Chef Productions and Vegetarian Options daily to include: Veggie Burger, Tossed Garden Salad, and Vegetarian Wrap and all other are Deluxe Meal \$3.85</p>				
	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Fresh Red Grapes Fresh Apple Fresh Orange</p>	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Fresh Apple Fresh Orange</p>	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Tangerine Fresh Apple Fresh Orange</p>	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Fresh Fruit Cup Fresh Apple Fresh Orange</p>	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Fresh Orange Fresh Apple</p>

MEAL PRICE INCLUDES: PROTEIN CHOICE, FRESH VEGETABLE CHOICE, FRESH FRUIT CHOICE, BREAD CHOICE
AT LEAST 2 TYPES OF MILK AVAILABLE DAILY: 1% LOW FAT UNFLAVORED, FAT FREE FLAVORED, FAT FREE UNFLAVORED
AVAILABLE DAILY WITH SALAD LUNCH: PROTEIN CHOICE, WHOLE GRAIN ITEM, FRUIT CHOICE & MILK CHOICE

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	<p>Crispy Chicken W.W. Wrap <i>Crispy chicken in a W.W. Wrap w/ lettuce & tomato</i></p>	<p>Buffalo Turkey & Cheese Wrap <i>Turkey breast with buffalo sauce, American cheese, lettuce & tomato in a WW wrap</i></p>	<p>Chicken Caesar Salad w/ 2 Dinner Rolls <i>marinated chicken breast atop romaine lettuce topped with Caesar dressing and</i></p>	<p>Mediterranean Chicken Salad Pita <i>WW Pita stuffed with chicken salad, feta, lettuce & Tzatziki sauce</i></p>	<p>Autumn Vegetable Panini <i>balsamic glazed vegetables, mozzarella cheese, onions and lettuce on panini bread</i></p>
<p>AVAILABLE DAILY: Boars Head Turkey or Ham, Choice of Toppings: Povolone, Swiss or American Cheese, Lettuce, Tomato, Onions, Mayonaise, Mustard on your choice of whole wheat wrap, roll or bread.</p>					
	<p>Ham & Cheddar Stromboli <i>Ham & cheddar cheese baked in pizza dough</i></p>	<p>Three Cheese Calzone <i>W.G. calzone w/ mozzarella, parmesan & ricotta cheese</i></p>	<p>Buffalo Chicken Pizza <i>Buffalo chicken strips w/ mozzarella, parmesan, marinara sauce in fresh pizza dough</i></p>	<p>Zucchini Pizza <i>W.W. pizza dough topped w/ fresh zucchini & mozzarella cheese</i></p>	<p>Classic 3 Cheese Pizza <i>W.W. pizza topped w/ fresh ricotta, mozzarella & parmesan cheese</i></p>
<p>AVAILABLE DAILY: Plain and Pepperoni Pizza by the slice, featuring whole grain pizza dough</p>					
	<p>Cordon Bleu Griller <i>with WW French bread, breaded chicken, swiss cheese, mustard & ham</i> Golden Baked Potato Wedges</p>	<p>Jamaican Jerk Chicken <i>Baked chicken sauteed in jerk seasoning</i> Jalapeno Corn Bread Sauteed Kale</p>	<p>Baked Ziti w/ Meat Sauce* Caesar Salad</p>	<p>Pasta Fiesta with Chicken <i>whole grain rotini topped with chicken taco meat, tomato sauce, salsa, cheddar and mozzarella cheeses</i> Black Bean Salad</p>	<p>Sausage & Peppers <i>Sweet Italian sausage with sauteed red & green peppers and onions in our homemade tomato sauce</i> Brown Rice Spinach & Tomato Salad</p>
	<p>Veggie Bean Quesadilla <i>Black beans, eggplant, onions & sauteed peppers on a W.W. wrap</i></p>	<p>Chicken Burrito <i>Mexi style chicken w/ sour cream, refried beans, rice, cheddar, lettuce & salsa in a tortilla</i></p>	<p>Cheese Enchilada <i>crispy cheese tortilla baked w/ chili sauce & cheddar, topped w/ pico de gallo & sour cream</i></p>	<p>South of the Border Wrap <i>crispy chicken tenders, cheddar cheese & Mexi rice on a W.W. wrap</i></p>	<p>Beefy Cheesy Nachos <i>crispy tortilla chips topped w/ Mexi style beef & cheese sauce</i></p>
<p>AVAILABLE DAILY: Crunchy or Soft Tacos and Nacho Chips w/combination of toppings to include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Sauce</p>					
	<p>Hot Dog on a Bun <i>Beef hot dog nestled on a soft bun and topped with your choice of condiments</i> Baked Tater Tots</p>	<p>Philly Swiss Cheese Steak <i>grilled steak topped w/ Swiss cheese & sautéed onions on a W.W. club roll</i> Sweet Potato Puffs</p>	<p>Bavarian Melt <i>ham, American cheese & roasted peppers, toasted on W.W. bread</i> Sweet Potato Puffs</p>	<p>Chicken Cutlet Parmesan Hero <i>baked breaded chicken cutlet on marinara sauce, topped w/ mozzarella cheese on a club roll</i></p>	<p>Smokehouse Chicken Sandwich <i>Tender white meat chicken patty topped with bbq sauce on a soft bun</i></p>
	<p>AVAILABLE DAILY: Tossed Garden Salad, Chef Salad and Chicken Caesar Salad served with Whole Wheat Kaiser Roll. Look for the Daily Fresh Salad Bar Offered as a Complete</p> <p>Student Lunch Prices: \$2.90 Chef Productions and Vegetarian Options daily to include: Veggie Burger, Tossed Garden Salad, and Vegetarian Wrap and all other are Deluxe Meal \$3.85</p>				
	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Tangerine Fresh Apple Pear</p>	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Fresh Red Grapes Fresh Apple Fresh Orange</p>	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Fresh Orange Fresh Apple</p>	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Fresh Orange Fresh Red Grapes Fresh Apple</p>	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Bartlett Pear Fresh Apple Fresh Orange</p>

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AVAILABLE DAILY WITH SALAD LUNCH: PROTEIN CHOICE, WHOLE GRAIN ITEM, FRUIT CHOICE & MILK CHOICE

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	<p>Smokehouse Turkey Bacon Salad Wrap A tasty blend of turkey breast, bacon, celery, relish, mayo & cilantro in a flour wrap with lettuce</p>	<p>Balsamic Glazed Vegetable Sandwich grilled eggplant, zucchini, squash & peppers marinated in balsamic glaze on a</p>	<p>All American Wrap roast beef, turkey breast, ham & American cheese on a W.W. wrap w/ lettuce & tomato</p>	<p>Egg Salad Wrap Freshly made egg salad w/ lettuce & tomato in a WW wrap</p>	<p>Vegetarian Wrap mozzarella cheese, cucumbers, tomatoes, olives, red onions on a tortilla wrap spread w/ hummus</p>
<p>AVAILABLE DAILY: Boars Head Turkey or Ham, Choice of Toppings: Povolone, Swiss or American Cheese. Lettuce, Tomato, Onions, Mayonaise, Mustard on your choice of whole wheat wrap, roll or bread.</p>					
	<p>Bacon Mushroom Pizza W.W. pizza dough topped w/ marinara sauce, mozzarella cheese, crispy bacon & fresh mushrooms</p>	<p>Broccoli & Cheese Stromboli garlic toasted W.G. pizza crust filled w/ broccoli & mozzarella</p>	<p>Pizza Burger Beef burger topped with pizza sauce, mozzarella cheese & romaine lettuce on a WW bun</p>	<p>BBQ Chicken Pizza Fresh WG pizza dough topped w/ BBQ sauce, mozzarella, cheddar, chicken strips, red onion & cilantro</p>	<p>Meatball Calzone garlic toasted W.G. calzone filled w/ meatballs, ricotta & melted cheeses</p>
<p>AVAILABLE DAILY: Plain and Pepperoni Pizza by the slice, featuring whole grain pizza dough</p>					
	<p>Grilled BBQ Chicken Breast grilled chicken breast smothered in bbq sauce Smashed Sweet Potatoes Caesar Salad</p>	<p>Meatball Parmesan Hero 4 chicken & beef meatballs on a whole wheat club roll, topped with tomato sauce and melted mozzarella cheese Sweet Potato Puffs</p>	<p>Taco Stuffed Baked Potato baked potato stuffed with cheddar cheese, turkey taco meat and cheddar cheese Steamed Broccoli Jalapeno Corn Bread</p>	<p>Chicken Fajita fajita style chicken w/ salsa, lettuce & tomatoes on a fajita wrap Japanese Vegetable Stir Fry</p>	<p>Sweet & Sour Pork Yellow Rice Roasted Cabbage, Cauliflower & Broccoli</p>
	<p>Taco Tacos Mexican style beef wrapped in a crispy tortilla shell w/ pico de gallo, cheddar cheese & lettuce Southern Corn</p>	<p>Chicken Burrito Mexi style chicken w/ sour cream, refried beans, rice, cheddar, lettuce & salsa in a tortilla</p>	<p>Mushroom & Vegetable Taco with zucchini, carrots and mushrooms topped w/ lettuce, tomato and sour cream in a taco shell</p>	<p>South of the Border Wrap crispy chicken tenders, cheddar cheese & Mexi rice on a W.W. wrap</p>	<p>Nachos Grande w/ Chicken tortilla chips topped w/ mexi chicken, melted cheese, salsa, sour cream & jalapenos</p>
<p>AVAILABLE DAILY: Crunchy or Soft Tacos and Nacho Chips w/combination of toppings to include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Sauce</p>					
	<p>Sizzling Chili Cheese Burger grilled beef burger topped w/ chili & cheese on a bun w/ lettuce mix & tomatoes Oven Baked Fries</p>	<p>Ruby's X-Treme Cajun Chicken Sandwich grilled chicken breast w/ hot sauce, lettuce & pickle chips on a W.W. bun Sweet Potato Puffs</p>	<p>Chicken & American Cheese Sandwich grilled chicken breast & American cheese on a W.W. bun</p>	<p>Buffalo Chicken Wings An American classic, tossed in spicy buffalo sauce Sweet Potato Puffs</p>	<p>Austin Steak Twister Wrap on W.W. grilled steak w/ BBQ sauce, sautéed onions & peppers on a W.W. tortilla wrap Baked Tater Tots</p>
	<p>AVAILABLE DAILY: Tossed Garden Salad, Chef Salad and Chicken Caesar Salad served with Whole Wheat Kaiser Roll. Look for the Daily Fresh Salad Bar Offered as a Complete Meal</p>				
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	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Fresh Orange Fresh Apple</p>	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Fresh Orange Fresh Apple</p>	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Fresh Orange Fresh Apple</p>	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Fresh Orange Fresh Apple</p>	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Fresh Orange Fresh Apple</p>

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	<p>Buffalo Chicken Wrap <i>chicken breast marinated in buffalo sauce w/ lettuce & tomato on a wrap</i></p>	<p>BLT Wrap <i>Crispy bacon, lettuce, tomato, mayo & mozzarella cheese in a WW wrap</i></p>	<p>Holiday Recess School Closed</p>		
	<p>Classic Calzone <i>garlic toasted W.G. calzone filled w/ ham, ricotta & melted cheeses</i></p>	<p>Sausage & Pepper Stromboli <i>sweet italian sausage & peppers w/ pizza sauce, mozzarella & parmesan cheeses in pizza dough</i></p>	<p>Winter Time</p>		
<p>AVAILABLE DAILY: Plain and Pepperoni Pizza by the slice, featuring whole grain pizza dough</p>					
	<p>Pasta w/ Chicken Meatballs & Sauce <i>pasta w/ zesty tomato sauce & chicken meatballs</i></p>	<p>Philly Style Sliders <i>with beef, sautéed onions and cheese on mini hamburger buns</i> Cheddar Cheese Sweet Potato Puffs Corn</p>			
	<p>Soft Beef Taco <i>Mexican style beef wrapped in a flour tortilla w/ pico de gallo, cheese & lettuce</i></p>	<p>Bean & Veggie Burrito <i>Refried beans, sauteed vegetables & seasoned rice in a W.W. wrap</i></p>	<p>Holiday Recess Schools Closed</p>		
<p>AVAILABLE DAILY: Crunchy or Soft Tacos and Nacho Chips w/combination of toppings to include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Sauce</p>					
	<p>Garden Burger <i>Veggie burger with carmelized onions on a whole wheat bun</i> Baked Tater Tots</p>	<p>Meatball Parmesan Hero <i>meatballs w/ melted mozzarella cheese & marinara sauce on a club roll</i> Sweet Potato Puffs</p>			
	<p>AVAILABLE DAILY: Tossed Garden Salad, Chef Salad and Chicken Caesar Salad served with Whole Wheat Kaiser Roll. Look for the Daily Fresh Salad Bar Offered as a Complete Meal</p>				
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	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Fresh Orange Fresh Apple</p>	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Fresh Orange Fresh Apple</p>			

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Baby Carrots
Celery Sticks
Garbanzo Beans
Romaine Salad w/
Tomato
Fresh Orange
Fresh Apple

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Celery Sticks
Garbanzo Beans
Romaine Salad w/
Tomato
Fresh Orange
Fresh Apple

Baby Carrots
Celery Sticks
Garbanzo Beans
Romaine Salad w/
Tomato
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AVAILABLE DAILY: Plain and Pepperoni Pizza by the slice, featuring whole grain pizza dough

AVAILABLE DAILY: Crunchy or Soft Tacos and Nacho Chips w/combination of toppings to include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Sauce

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