


 = Vegetarian

 = Smart Choices Healthy Entree







MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>Turkey Melt <i>Thinly sliced turkey breast and melted American cheese on toasty bread</i></p>	<p>Tuna Salad in a Pita Pocket <i>tuna salad stuffed inside a pita </i></p>	<p>Caesar Chicken Wrap <i>caesar chicken, crisp romaine lettuce and parmesan cheese wrapped in a whole wheat tortilla, drizzled with caesar dressing</i></p>	<p>Classic Harvest Wrap <i>Boar's Head ham, mozzarella cheese, tossed greens and tomatoes wrapped in a white whole wheat wrap </i></p>
		<p>Hawaiian Pizza Slice <i>ham and pineapple chunks over a cheese pizza slice, made with a whole wheat crust </i></p>	<p>Pepperoni Calzone <i>W.G. calzone w/ pepperoni & ricotta cheese </i></p>	<p>Mushroom Pizza <i>Fresh WG pizza dough topped w/ marinara sauce, mozzarella, parmesan and mushrooms </i></p>	<p>Fresh Basil & Red Pepper Pizza Slice <i>W.W. pizza topped w/ roasted red peppers & fresh basil </i></p>
		<p>Buffalo Style Baked Chicken Tenders <i>Crispy chicken tenders perfect for dunking in our buffalo sauce & served with carrot & celery sticks Sweet Potato Puffs</i></p>	<p>Pasta, Meatballs & Sauce <i>pasta w/ zesty tomato sauce, beef & chicken meatballs </i> Garden Salad Garlic Bread</p>	<p>Cheeseburger Mac & Cheese <i>Pasta & ground beef tossed in an American & cheddar cheese sauce</i></p>	<p>Waffles & Sausage <i>Light and crisp whole grain waffles served with a sausage patty </i></p>
		<p>Chicken & Cheddar Enchilada <i>crispy chicken tortilla baked w/ chili sauce & cheddar, topped w/ pico de gallo & sour cream</i></p>	<p>Cheesy Quesadilla <i>Melted cheddar cheese and pico de gallo inside a grilled, folded tortilla </i></p>	<p>Nachos w/ Cheese & Salsa <i>Crispy tortilla chips served with cheese sauce & fresh pico de gallo </i></p>	<p>Soft Beef Taco <i>Mexican style beef wrapped in a flour tortilla w/ pico de gallo, cheese & lettuce</i></p>
		<p>Buffalo Chicken Sandwich <i>spicy chicken patty w/ lettuce & tomatoes on a club roll</i></p>	<p>Pizza Burger <i>Beef burger topped with pizza sauce, mozzarella cheese & romaine lettuce on a WW bun</i></p>	<p>Crispy Chicken & Cheese Sandwich <i>Crispy chicken patty and American cheese on a whole wheat bun</i></p>	<p>Mozzarella Sticks with Homemade Marinara Sauce </p>
		<p>Antipasto Salad w/ 2 Dinner Rolls <i>Salami, provolone, swiss cheese, garbanzo beans & fire roasted peppers over garden salad</i></p>	<p>Tossed Salad with Shredded Cheese & Dinner Roll <i>mixed greens with tomatoes, cucumbers, carrot sticks, radishes, shredded cheddar and a dinner roll </i></p>	<p>Spinach Salad w/ Dinner Roll <i>with eggs, mushrooms and red onions served with a dinner roll </i></p>	<p>Greek Salad w/ Dinner Roll <i>Romaine lettuce, red onion, tomatoes, cucumbers, feta cheese & black olives</i></p>
		<p>Diced Tomatoes Romaine Lettuce Fresh Orange Red Delicious Apple</p>	<p>Fresh Orange Red Delicious Apple Celery Sticks Baby Carrots</p>	<p>Baby Carrots Garbanzo Beans Red Delicious Apple Banana</p>	<p>Baby Carrots Celery Sticks Fresh Orange Red Delicious 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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	Ham & Cheese Sandwich Boar's Head ham and American cheese on a whole wheat kaiser roll P	Cactus Jack Wrap <i>grilled chicken breast drizzled with hot sauce, with lettuce & tomato on a whole wheat wrap</i>	Tuna & American Cheese Wrap <i>tuna salad w/ American cheese, lettuce & tomato on a WW wrap</i>	Turkey Melt <i>Thinly sliced turkey breast and melted American cheese on toasty bread</i>	Hail Caesar Wrap <i>crispy chicken wrapped in a tortilla w/ romaine lettuce, parmesan cheese & caesar dressing</i>
	Spinach Pizza <i>Fresh WG pizza dough topped w/ marinara sauce, fresh spinach & mozzarella cheese</i> V	Broccoli & Cheese Stromboli <i>garlic toasted W.G. pizza crust filled w/ broccoli & mozzarella</i> V	Pepperoni & Cheese Stromboli <i>garlic toasted wh grain pizza crust filled w/ pepperoni, melted mozzarella cheese & marinara sauce</i> P	Mushroom Pizza <i>Fresh WG pizza dough topped w/ marinara sauce, mozzarella, parmesan and mushrooms</i> V	Margarita Flatbread <i>Fresh tomato, basil and mozzarella on toasted flatbread</i>
	Cheesy Lasagna Roll-Ups <i>rolled up lasagna noodles, stuffed with ricotta & parmesan cheeses, tomato sauce and melted mozzarella cheese.</i> V <i>Caesar Side Salad</i>	Famous Chili Cheese Fries <i>golden baked potato wedges topped with chili and cheese</i>	Spicy Popcorn Chicken <i>Steamed Carrots</i>	Turkey Chuckwagon Chili <i>Chunky turkey chili with tomato, spicy peppers & beans topped with cheddar cheese</i>	Waffles w/ Turkey Sausage <i>Light and crisp whole grain waffles served with a sausage patty</i>
	Veggie Burrito <i>Mexican style veggies w/ rice, pico de gallo, beans, cheese & lettuce wrapped in a tortilla</i> V	Beefy Cheesy Nachos <i>crispy tortilla chips topped fiesta style beef & cheese sauce</i>	Soft Tacos	Fiesta Taco Salad <i>fiesta style beef, lettuce & tomatoes served on a whole wheat tortilla bowl</i>	Cheesy Quesadilla <i>Melted cheddar cheese and pico de gallo inside a grilled, folded tortilla</i> V
	Grilled Ham & Bacon Melt <i>Goopy American cheese with layers of ham and crisp bacon melted between two slices of toasty bread</i> P	Pizza Burger <i>Beef burger topped with pizza sauce, mozzarella cheese & romaine lettuce on a WW bun</i>	Chicken Nugget & Mozzarella Stick Combo <i>Everyone's two favorite foods on one plate! Crispy chicken nuggets & gooey mozzarella sticks served with dipping sauce</i>	Hot Dog on a Bun <i>Beef hot dog nestled on a soft bun and topped with your choice of condiments</i>	Bacon Cheeseburger Wrap <i>a traditional bacon cheeseburger inside a whole wheat tortilla</i>
	Garden Salad w/ Turkey & WW Roll <i>Turkey breast over mixed greens w/ lettuce, tomatoes, cucumbers, carrots & radishes with a WW roll</i>	Antipasto Salad w/ 2 Dinner Rolls <i>Salami, provolone, swiss cheese, garbanzo beans & fire roasted peppers over garden salad</i>	Tossed Salad with Shredded Cheese & Dinner Roll <i>mixed greens with tomatoes, cucumbers, carrot sticks, radishes, shredded cheddar and a dinner roll</i> V	Spinach Salad w/ Dinner Roll <i>with eggs, mushrooms and red onions served with a dinner roll</i> V	Greek Salad w/ Dinner Roll <i>Romaine lettuce, red onion, tomatoes, cucumbers, feta cheese & black olives</i>
	Garbanzo Beans Corn Fresh Orange Banana	Romaine Lettuce Celery Sticks Fresh Orange Red Delicious Apple	Garbanzo Beans Fresh Orange Sliced Onion Banana	Baby Carrots Celery Sticks Fresh Orange Red Delicious Apple	Fresh Orange Red Delicious Apple Black Beans Green Pepper Slices

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	<p>Grilled Ham & Bacon Melt Goopy American cheese with layers of ham and crisp bacon melted between two slices of toasty bread 🍷</p>	<p>Buffalo Turkey & Cheese Wrap Turkey breast with buffalo sauce, American cheese, lettuce & tomato in a WW wrap</p>	<p>Vegetarian Melt on W.W. Pita grilled W.W. pita w/ American cheese & broccoli 🍷</p>	<p>Crispy Chicken Pretzel Sandwich breaded chicken patty on a whole grain pretzel bun</p>	<p>WW Bagel w/ Tuna Salad tuna salad and mixed greens on a white wheat bagel</p>
	<p>Pepperoni Calzone W.G. calzone w/ pepperoni & ricotta cheese 🍷</p>	<p>Broccoli Pizza W.W. pizza dough topped w/ fresh mozzarella cheese & broccoli florets 🍷</p>	<p>Sausage & Pepper Stromboli garlic toasted W.G. pizza crust filled w/ sausage, peppers, onions, sauce & melted cheeses 🍷</p>	<p>Pepper & Onion Pizza Fresh WG pizza dough topped w/ marinara sauce, mozzarella & sauteed peppers & onions 🍷</p>	<p>Pizza Bagel a toasty bagel topped with pizza sauce and melted mozzarella</p>
	<p>General Tso's Popcorn Chicken popcorn chicken and broccoli, smothered in a general tso's sauce</p>	<p>Chicken Sauce & Toss Popcorn chicken tossed in honey mustard sauce</p>	<p>Burger Bar all beef burger w/ choice of toppings: caramelized onions, mushrooms, peppers, bacon & cheese on a WW bun 🍷</p>	<p>Chicken Parmesan Over Pasta traditional chicken parmesan topped with pomodoro sauce and melted mozzarella cheese, served over a bed of pasta</p>	<p>Waffles w/ Turkey Sausage Light and crisp whole grain waffles served with a sausage patty</p>
	<p>Beefy Cheesy Nachos crispy tortilla chips topped fiesta style beef & cheese sauce</p>	<p>Soft Beef Taco Mexican style beef wrapped in a flour tortilla w/ pico de gallo, cheese & lettuce</p>	<p>Grande Chicken & Cheese Quesadilla Mexi chicken, shredded cheese & pico de gallo melted into a tortilla</p>	<p>Chicken Burrito fiesta chicken with black beans, rice, cheddar and lettuce, wrapped in a tortilla</p>	<p>Mexican Salad tossed greens topped with beans, corn, salsa, cheddar cheese, sour cream and crumbled tortilla chips 🍷</p>
 	<p>Buffalo Burger grilled beef burger topped w/ hot sauce & blue cheese w/ lettuce & tomato on a W.W. bun</p>	<p>Mozzarella Sticks with Homemade Marinara Sauce 🍷</p>	<p>Spicy Chicken Sandwich A boldly spiced crispy chicken breast filet with leaf lettuce & ripe tomato on a soft bun</p>	<p>Grilled Cheese Bar 🍷</p>	<p>Turkey Bacon Cheeseburger beef cheeseburger topped with turkey bacon, lettuce & tomato, on a whole wheat hamburger bun</p>
	<p>Garden Salad w/ Turkey & WW Roll Turkey breast over mixed greens w/ lettuce, tomatoes, cucumbers, carrots & radishes with a WW roll</p>	<p>Antipasto Salad w/ 2 Dinner Rolls Salami, provolone, swiss cheese, garbanzo beans & fire roasted peppers over garden salad</p>	<p>Tossed Salad with Shredded Cheese & Dinner Roll mixed greens with tomatoes, cucumbers, carrot sticks, radishes, shredded cheddar and a dinner roll 🍷</p>	<p>Spinach Salad w/ Dinner Roll with eggs, mushrooms and red onions served with a dinner roll 🍷</p>	<p>Greek Salad w/ Dinner Roll Romaine lettuce, red onion, tomatoes, cucumbers, feta cheese & black olives</p>
	<p>Romaine Lettuce Diced Tomatoes Banana Fresh Green Grapes</p>	<p>Baby Carrots Celery Sticks Fresh Orange Red Delicious Apple</p>	<p>Green Pepper Slices Garbanzo Beans Fresh Orange Red Delicious Apple</p>	<p>Baby Carrots Peas Fresh Red Grapes Pear</p>	<p>Celery Sticks Garbanzo Beans Fresh Orange Red Delicious Apple</p>

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	Chicken Salad Sandwich <i>chicken salad and romaine lettuce on whole wheat</i>	Buffalo Turkey & Cheese Wrap <i>Turkey breast with buffalo sauce, American cheese, lettuce & tomato in a WW wrap</i>	Sizzling Veggie Feta Pita Pocket <i>WW Pita stuffed with seasoned veggies and feta cheese</i> 		
	Three Cheese Calzone <i>W.G. calzone w/ mozzarella, parmesan & ricotta cheese</i>	Hawaiian Pizza Slice <i>ham and pineapple chunks over a cheese pizza slice, made with a whole wheat crust</i> 	French Bread Pizza <i>Tomato sauce and melted mozzarella on a toasty french baguette</i>		
	Pasta, Meatballs & Sauce <i>pasta w/ zesty tomato sauce, beef & chicken meatballs</i> 	Buffalo Style Popcorn Chicken	Famous Chili Cheese Fries <i>golden baked potato wedges topped with chili and cheese</i>		
	Chicken & Cheddar Enchilada <i>crispy chicken tortilla baked w/ chili sauce & cheddar, topped w/ pico de gallo & sour cream</i>	Bean & Veggie Burrito <i>Refried beans, sauteed vegetables & seasoned rice in a W.W. wrap</i> 	Fiesta Taco Salad <i>fiesta style beef, lettuce & tomatoes served on a whole wheat tortilla bowl</i>		
	Chicken Parm Sandwich on a WG Bun <i>Lightly breaded chicken breast patty topped with melted mozzarella & tomato sauce on a toasted bun</i>	Hot Dog on a Bun <i>Beef hot dog nestled on a soft bun and topped with your choice of condiments</i>	Mozzarella Sticks with Homemade Marinara Sauce 		
	Garden Salad w/ Turkey & WW Roll <i>Turkey breast over mixed greens w/ lettuce, tomatoes, cucumbers, carrots & radishes with a WW roll</i>	Antipasto Salad w/ 2 Dinner Rolls <i>Salami, provolone, swiss cheese, garbanzo beans & fire roasted peppers over garden salad</i>	Tossed Salad with Shredded Cheese & Dinner Roll <i>mixed greens with tomatoes, cucumbers, carrot sticks, radishes, shredded cheddar and a dinner roll</i> 		
	<i>Romaine Lettuce Diced Tomatoes Fresh Orange Red Delicious Apple</i>	<i>Baby Carrots Celery Sticks Banana Fresh Green Grapes</i>	<i>Celery Sticks Garbanzo Beans Fresh Orange Red Delicious Apple</i>		

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