

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		The Red Square Wrap <i>Boar's Head turkey and Swiss cheese in a ww wrap, smothered in thousand island dressing, w/ lettuce and tomato</i>	BLT Wrap <i>crispy bacon, fresh lettuce & tomato on a W.W. wrap 🍎</i>	Turkey & Cheese Wrap <i>Boar's Head turkey breast, american cheese & lettuce on a tortilla wrap</i>	Chicken Delight Wrap <i>crispy chicken & cheese w/ lettuce, tomato & ranch dressing wrapped in a tortilla</i>
		Taco Pizza <i>Mexi style beef, mozzarella, parmesan & pizza sauce on WW dough brushed w/ garlic & oil</i>	Broccoli & Cheese Stromboli <i>garlic toasted W.G. pizza crust filled w/ broccoli & mozzarella 🍎</i>	Sausage & Pepper Stromboli <i>garlic toasted W.G. pizza crust filled w/ sausage, peppers, onions, sauce & melted cheeses 🍆</i>	Classic 3 Cheese Pizza <i>W.W. pizza topped w/ fresh ricotta, mozzarella & parmesan cheese 🍆</i>
		Chicken Lo Mein <i>Tender chicken strips sauteed with vegetables and lo mein noodles</i> Vegetable Stir Fry	Chicken Jack Melt <i>grilled chicken breast, sliced mozzarella, lettuce & tomato on a club roll</i> Baked Tater Tots Garden Salad	Homemade Baked Ziti <i>ziti baked w/ in marinara sauce w/ melted mozzarella, ricotta & parmesan cheeses 🍆</i> Caesar Salad Garlic Bread	Chicago Style Hot Dog <i>all beef, skinless hot dog in a whole wheat bun, topped with mustard, pickle chips, onions, tomatoes, tomatoes and jalapeño peppers</i>
		Chicken & American Cheese Sandwich <i>grilled chicken breast & American cheese on a W.W. bun</i>	Pizza Burger <i>Beef burger topped with pizza sauce, mozzarella cheese & romaine lettuce on a WW bun</i>	Spicy Chicken Sandwich <i>A boldly spiced crispy chicken breast filet with leaf lettuce & ripe tomato on a soft bun</i>	Grilled Cheese & Tomato Sandwich <i>Goosey American cheese with juicy fresh tomato between two slices of grilled WW bread 🍆</i>
AVAILABLE DAILY: Hamburger, Cheeseburgers, Turkey Burgers & Veggie Burgers served on Whole Wheat Roll					
		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>	Spinach Salad w/ Dinner Roll <i>with eggs, mushrooms and red onions served with a dinner roll 🍆</i>	Greek Salad w/ Dinner Roll <i>Romaine lettuce, red onion, tomatoes, cucumbers, feta cheese & black olives</i>
		Chicken & Cheese Quesadilla <i>Mexican style chicken with melted American cheese pressed inside a whole wheat tortilla</i>	Chicken Fajita Roll Up <i>fajita style chicken w/ rice, lettuce, pico de gallo, cheddar & sour cream in a fajita wrap</i>	Loaded Beef Nachos <i>crispy tortilla chips w/ Mexi beef, cheese sauce, sour cream & pico de gallo</i>	Chicken Taco Salad <i>A crispy tortilla topped w/ lettuce, beans, chicken, jalapenos, pico de gallo, cheddar & sour cream</i>
		Celery Sticks Romaine Lettuce Fresh Orange Fresh Apple	Diced Tomatoes Green Pepper Slices Fresh Orange Fresh Red Grapes	Shredded Carrots Black Beans Fresh Orange Fresh Green Grapes	Corn Cucumber Slices Banana Fresh Apple
Protein Choices: Boars Head Turkey or Ham, Hard Boiled Egg or Cheese					

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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 Fast and Fresh Wraps to Go	Turkey Ranch Wrap Boar's Head turkey breast with lettuce, tomato & ranch on a WW wrap	Tuna Salad Wrap* <i>fresh chunky tuna salad w/ field greens and tomatoes served in a WW wrap</i> 🍎	Buffalo Turkey & Cheese Wrap Turkey breast with buffalo sauce, American cheese, lettuce & tomato in a WW wrap	Grilled Veggie Wrap <i>Grilled red & green peppers, low fat mozzarella, onions & tomatoes served on a WW wrap</i> V	Chicken Delight Wrap <i>crispy chicken & cheese w/ lettuce, tomato & ranch dressing wrapped in a tortilla</i>
 ITALIAN BISTRO	Beef & Cheese Stromboli <i>garlic toasted W.G. pizza crust filled w/ beef, mozzarella & marinara sauce</i>	Taco Pizza <i>Mexi style beef, mozzarella, parmesan & pizza sauce on WW dough brushed w/ garlic & oil</i>	Chicken & Cheese Stromboli <i>garlic toasted wh. pizza crust filled w/ chicken, ricotta & melted cheeses</i>	Chicken Pepperoni Pizza Pops <i>garlic pizza dough stuffed with mozzarella cheese, tomato sauce, chicken pepperoni & spices</i>	BBQ Chicken Pizza <i>Fresh WG pizza dough topped w/ BBQ sauce, mozzarella, cheddar, chicken strips, red onion & cilantro</i>
 Culinary Homestyle Cuisine	Pasta w/ Chicken Meatballs & Sauce <i>Whole grain pasta w/ zesty tomato sauce & chicken meatballs</i> Spinach Salad Garlic Bread	Pepper Jack Chicken Griller <i>with chicken, tomato, margarine, white bread, pepperjack, balsamic glaze, cheddar</i> Sweet Potato Fries Caesar Salad	Chicken Sauce & Toss <i>Popcorn chicken tossed in honey mustard sauce</i> Baked Tater Tots Spinach & Tomato Salad	Quesadilla Pizzadilla <i>mozzarella cheese, chicken pepperoni & salsa on tortilla wrap spread w/ pizza sauce, folded & grilled</i> Yellow Rice Black Bean Salad	Mozzarella Sticks with Homemade Marinara Sauce V Broccoli Caesar Salad
 WHERE BURGERS ARE JUST THE BEGINNING	English Cheddar Burger <i>grilled beef burger topped w/ cheddar cheese, sautéed onions, lettuce mix & tomatoes on a W.W. bun</i>	Grilled Mozzarella on Garlic Bread <i>toasted garlic bread sandwich stuffed with mozzarella</i> V Baked Tater Tots	Ruby's Chicken Cordon Bleu on W.W. <i>grilled chicken breast, ham & Swiss cheese w/ lettuce & pickle chips on a W.W. bun</i>	Spicy Chicken Sandwich <i>A boldly spiced crispy chicken breast filet with leaf lettuce & ripe tomato on a soft bun</i>	Mozzarella Sticks <i>Crispy mozzarella sticks filled with gooey cheese, perfect for dipping into our homemade tomato sauce</i> V
 SANDWICHES AND SALADS MADE FRESH DAILY	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</i>	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>
 Southwestern cuisine with a bite	Cheese Enchilada <i>crispy cheese tortilla baked w/ chili sauce & cheddar, topped w/ pico de gallo & sour cream</i> V	Chicken & Cheese Quesadilla <i>Mexican style chicken with melted American cheese pressed inside a whole wheat tortilla</i>	Chicken Fajita Roll Up <i>fajita style chicken w/ rice, lettuce, pico de gallo, cheddar & sour cream in a fajita wrap</i>	Loaded Beef Nachos <i>crispy tortilla chips w/ Mexi beef, cheese sauce, sour cream & pico de gallo</i>	Chicken Taco Salad <i>A crispy tortilla topped w/ lettuce, beans, chicken, jalapenos, pico de gallo, cheddar & sour cream</i>
	Romaine Lettuce Diced Tomatoes Fresh Red Grapes Fresh Orange	Shredded Carrots Celery Sticks Banana Fresh Orange	Garbanzo Beans Green Pepper Slices Pear Fresh Orange	Shredded Carrots Sliced Onion Fresh Orange Fresh Red Grapes	Celery Sticks Garbanzo Beans Pear Banana

AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice

AVAILABLE DAILY: Hamburger, Cheeseburgers, Turkey Burgers & Veggie Burgers served on Whole Wheat Roll

AVAILABLE DAILY: Garden Salad, Chef Salad & Chicken Caesar Salad served with Twin Whole Wheat Dinner Rolls & Low Fat Dressing.

AVAILABLE DAILY: Crunchy or Soft Tacos and Nacho Chips. Toppings include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Sauce

Protein Choices: Boars Head Turkey or Ham, Hard Boiled Egg or Cheese

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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 Fast and Fresh Wraps to Go	Turkey Ranch Wrap <i>Boar's Head turkey breast with lettuce, tomato & ranch on a WW wrap</i>	The Red Square Wrap <i>Boar's Head turkey and Swiss cheese in a ww wrap, smothered in thousand island dressing, w/ lettuce and tomato</i> AVAILABLE DAILY: Assorted Whole Wheat Wraps	Buffalo Turkey & Cheese Wrap <i>Turkey breast with buffalo sauce, American cheese, lettuce & tomato in a WW wrap</i>	Tuna Salad Wrap* <i>fresh chunky tuna salad w/ field greens and tomatoes served in a WW wrap</i> 🍎	Chicken Delight Wrap <i>crispy chicken & cheese w/ lettuce, tomato & ranch dressing wrapped in a tortilla</i>
 ITALIAN BISTRO	Pizza Bagel <i>Fresh WW bagel topped with marinara sauce and mozzarella cheese</i>	3 Cheese Stromboli <i>rolled pizza crust stuffed with mozzarella, parmesan & cheddar cheeses</i> 🍎	Fresh Basil & Red Pepper Pizza Slice <i>W.W. pizza topped w/ roasted red peppers & fresh basil</i> 🍎	Double "Deep Dish" Pizza <i>double thick pizza crust topped with cheese, chicken pepperoni, meatballs, sausage and crushed red pepper</i>	Double "Deep Dish" Pizza <i>double thick pizza crust topped with cheese, chicken pepperoni, meatballs, sausage and crushed red pepper</i>
 Embracing Homestyle Cuisine	Cowboy Chili <i>Chunky beef chili with tomatoes, spicy peppers & beans topped with cheddar cheese</i> Corn Bread Cucumber Coins	Philly Cheese Steak Sandwich <i>Thinly sliced steak with sauteed peppers & onions & melted mozzarella on a WW kaiser roll</i> Sauteed Onions	Chicken Tenders <i>Patatas al la Pobre (potatoes w/ onion & parsley)</i> Spinach Salad	General Tso's Popcorn Chicken <i>popcorn chicken tossed in a General Tso's sauce</i> Yellow Rice Vegetable Stir Fry	Waffles w/ Turkey Sausage <i>Light and crisp whole grain waffles served with a sausage patty</i> Hash Browns
 WHERE BURGERS ARE JUST THE BEGINNING	Grilled Veggie Wrap <i>Grilled red & green peppers, low fat mozzarella, onions & tomatoes served on a WW wrap</i> 🍎	Bavarian Melt <i>ham, American cheese & roasted peppers, toasted on W.W. bread</i> 🍎	Southwest Turkey Burger <i>topped with jalapeños, monterey jack cheese and mayo on a whole wheat bun</i>	Cactus Jack Wrap <i>grilled chicken breast drizzled with hot sauce, with lettuce & tomato on a whole wheat wrap</i>	Buffalo Chicken Sandwich <i>spicy chicken patty w/ lettuce & tomatoes on a club roll</i>
 SANDWICHES AND SALADS MADE FRESH DAILY	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 dressing</i>	Spinach Salad w/ Dinner Roll <i>with eggs, mushrooms and red onions served with a dinner roll</i> 🍎	Greek Salad w/ Dinner Roll <i>Romaine lettuce, red onion, tomatoes, cucumbers, feta cheese & black olives</i>
 Southwestern cuisine with a bite	Taco Tacos <i>Mexican style beef wrapped in a crispy tortilla shell w/ pico de gallo, cheddar cheese & lettuce</i>	Chicken & Cheese Quesadilla <i>Mexican style chicken with melted American cheese pressed inside a whole wheat tortilla</i>	Chicken Fajita Roll Up <i>fajita style chicken w/ rice, lettuce, pico de gallo, cheddar & sour cream in a fajita wrap</i>	Beefy Cheesy Nachos <i>crispy tortilla chips topped fiesta style beef & cheese sauce</i>	Chicken Taco Salad <i>A crispy tortilla topped w/ lettuce, beans, chicken, jalapenos, pico de gallo, cheddar & sour cream</i>
 Fresh from the field	Romaine Lettuce Diced Tomatoes Fresh Orange Empire Apple	Celery Sticks Shredded Carrots Banana Empire Apple	Garbanzo Beans Sliced Onion Banana Fresh Green Grapes	Baby Carrots Black Beans Fresh Orange Empire Apple	Green Pepper Slices Baby Carrots Fresh Red Grapes Fresh Orange

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AVAILABLE DAILY: Assorted Whole Wheat Wraps					
 ITALIAN BISTRO	Pizza with Black Olives Cheese pizza on a whole wheat crust topped with black olives V	Meat Lovers Pizza Fresh WG pizza dough topped w/ fresh mozzarella, sausage, meatballs & pepperoni	White Pizza Fresh WG dough brushed w/ garlic & oil, topped w/ low fat mozzarella & ricotta, baked to perfection V		
AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice					
 Enticing Homestyle Cuisine	General Tso's Popcorn Chicken popcorn chicken and broccoli, smothered in a general tso's sauce Corn	Mexi Macaroni & Cheese Tender pasta with beef, jalapeño, pepper jack cheese and tomatoes in a creamy cheese sauce Carrots	Waffles and Turkey Sausage Light and fluffy whole grain waffles served with a turkey sausage patty Hash Browns		
 WHERE BURGERS ARE JUST THE BEGINNING	Buffalo Chicken Sandwich spicy chicken patty w/ lettuce & tomatoes on a club roll	Mozzarella Sticks & Marinara Sauce crispy breaded mozzarella sticks with a homemade tomato sauce for dunking V	Philly Cheesesteak Wrap* thin sliced steak w/ sauteed peppers & onions w/ cheese on a WW wrap		
AVAILABLE DAILY: Hamburger, Cheeseburgers, Turkey Burgers & Veggie Burgers served on Whole Wheat Roll					
 SANDWICHES AND SALADS MADE FRESH DAILY	Antipasto Salad w/ 2 Dinner Rolls Salami, provolone, swiss cheese, garbanzo beans & fire roasted peppers over garden salad	Chef Salad Plate w/ 2 Dinner Rolls turkey breast, ham, american & mozzarella cheese, hard eggs, cucumbers, tomatoes on a bed of lettuce	Tossed Salad with Shredded Cheese & Dinner Roll mixed greens with tomatoes, cucumbers, carrot sticks, radishes, shredded cheddar and a dinner roll V		
 Southwestern cuisine with a bite	Taco Tacos Mexican style beef wrapped in a crispy tortilla shell w/ pico de gallo, cheddar cheese & lettuce	Chicken & Cheese Quesadilla Mexican style chicken with melted cheddar cheese pressed inside a whole wheat tortilla	Chicken Fajita Roll Up fajita style chicken w/ rice, lettuce, pico de gallo, cheddar & sour cream in a fajita wrap		
 	Romaine Lettuce Diced Tomatoes Fresh Orange Banana	Green Pepper Slices Garbanzo Beans Empire Apple Fresh Orange	Celery Sticks Shredded Carrots Fresh Orange Fresh Green Grapes		
Protein Choices: Boars Head Turkey or Ham, Hard Boiled Egg or Cheese					

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

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