

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

 Fast and Fresh Wraps to Go	Turkey Ranch Wrap Boar's Head turkey breast with lettuce, tomato and ranch on a whole wheat wrap	Tuna Salad Wrap* <i>fresh chunky tuna salad with field greens and tomatoes served in a whole wheat wrap</i>	Ham & Cheese Wrap <i>ham and American cheese with mixed greens and tomato on a whole wheat wrap</i>	Grilled Veggie Wrap <i>grilled red and green peppers, low fat mozzarella, onions and tomatoes served on a whole wheat wrap</i>	Chicken Delight Wrap <i>crispy chicken and cheese with lettuce, tomato and ranch dressing wrapped in a tortilla</i>
AVAILABLE DAILY: Ham, Turkey and Buffalo Chicken on a Whole Wheat Wrap					
 ITALIAN BISTRO	Beef & Cheese Stromboli <i>garlic toasted whole grain pizza crust filled with beef, mozzarella and marinara sauce</i>	Broccoli Cheddar Pizza <i>fresh whole grain pizza dough topped with marinara sauce, mozzarella, cheddar cheese and broccoli</i>	Chicken Pepperoni Pizza Pops <i>garlic pizza dough stuffed with mozzarella cheese, tomato sauce, chicken pepperoni and spices</i>	Meatball Calzone <i>garlic toasted whole grain calzone filled with meatballs, ricotta and melted cheeses</i>	Grilled Vegetable Pizza <i>grilled pizza topped with zucchini, squash, eggplant, scallions and mozzarella</i>
AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice					
 Enticing Homestyle Cuisine	Jamaican Beef Patty <i>golden flaky pastry dough stuffed with beef simmered in a delicious spicy sauce</i> Yellow Rice	Chicken Parmesan Over Pasta <i>traditional chicken parmesan topped with pomodoro sauce and melted mozzarella cheese, served over a bed of pasta</i>	Texas Rib Sandwich <i>boneless BBQ rib meat slathered in tangy barbecue sauce and served on a soft bun</i> Steamed Carrots	General Tso's Popcorn Chicken <i>popcorn chicken tossed in a General Tso's sauce</i> Yellow Rice Vegetable Stir Fry	Waffles with Turkey Sausage <i>light and crisp whole grain waffles served with a sausage patty</i> Hash Browns
 WHERE BURGERS ARE JUST THE BEGINNING	Mozzarella Sticks with Homemade Marinara Sauce	Turkey Sausage, Egg & Cheese on a Bun <i>start your day with a hot breakfast sandwich featuring turkey sausage, egg and</i>	Hot Dog on a Bun <i>beef hot dog nestled on a soft bun and topped with your choice of condiments</i>	Spicy Chicken Sandwich <i>a boldly spiced crispy chicken breast filet with leaf lettuce and ripe tomato on a soft bun</i>	Bacon Cheeseburger <i>beef burger patty topped with crispy bacon strips on a whole wheat bun</i>
AVAILABLE DAILY: Hamburger, Cheeseburger, Turkey Burger and Veggie Burger served on Whole Wheat Roll					
 SANDWICHES AND SALADS MADE FRESH DAILY	Turkey Garden Salad <i>turkey breast over mixed greens with lettuce, tomatoes, cucumbers, carrots and radishes with a whole</i>	Antipasto Salad with 2 Dinner Rolls <i>salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad</i>	Tossed Salad with Shredded Cheese & 2 Dinner Roll <i>mixed greens with tomatoes, cucumbers, carrot sticks, radishes, shredded cheddar and a</i>	Spinach Salad with Dinner Roll <i>with eggs, mushrooms and red onions served with a dinner roll</i>	Greek Salad with Dinner Roll <i>romaine lettuce, red onion, tomatoes, cucumbers, feta cheese and black olives</i>
AVAILABLE DAILY: Garden Salad, Chef Salad & Chicken Caesar Salad served with 2 Whole Wheat Dinner Rolls & Lowfat Dressing					
 Southwestern cuisine with a bite	Cheese Enchilada <i>crispy cheese tortilla baked with chili sauce and cheddar, topped with pico de gallo and sour cream</i>	Chicken & Cheese Quesadilla <i>fiesta style chicken with melted American cheese pressed inside a whole wheat tortilla</i>	Beefy Burrito <i>fiesta style beef with sour cream, refried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla</i>	Pico & Cheese Nachos <i>crispy tortilla chips served with cheese sauce and fresh pico de gallo</i>	Chicken Taco Salad <i>a crispy tortilla bowl topped with lettuce, beans, chicken, jalapenos, pico de gallo, cheddar and sour cream</i>
AVAILABLE DAILY: Crunchy or soft Taco and nacho chips, toppings include: salsa, sour cream, lettuce and cheddar cheese sauce					
	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Empire Apple	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Banana Empire Apple	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Empire Apple	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Empire Apple	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Fresh Red Grapes

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 and ranch on a whole wheat wrap	Tuna Salad Wrap* fresh chunky tuna salad with field greens and tomatoes served in a whole wheat wrap AVAILABLE DAILY: Ham, Turkey and Buffalo Chicken on a Whole Wheat Wrap	Ham & Cheese Wrap ham and American cheese with mixed greens and tomato on a whole wheat wrap 🍎	Grilled Veggie Wrap grilled red and green peppers, low fat mozzarella, onions and tomatoes served on a whole wheat wrap V	Chicken Delight Wrap crispy chicken and cheese with lettuce, tomato and ranch dressing wrapped in a tortilla
 ITALIAN BISTRO	Beef & Cheese Stromboli garlic toasted whole grain pizza crust filled with beef, mozzarella and marinara sauce	Broccoli Cheddar Pizza fresh whole grain pizza dough topped with marinara sauce, mozzarella, cheddar cheese and broccoli AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the slice	Chicken Pepperoni Pizza Pops garlic pizza dough stuffed with mozzarella cheese, tomato sauce, chicken pepperoni and spices	Meatball Calzone garlic toasted whole grain calzone filled with meatballs, ricotta and melted cheeses	Grilled Vegetable Pizza grilled pizza topped with zucchini, squash, eggplant, scallions and mozzarella V
 Enticing Homestyle Cuisine	Barbecued Chicken cut up chicken smothered in a spicy barbecue sauce Corn	Mac & Cheese whole grain elbow pasta in a creamy cheese sauce V Carrots	Chicken Fajita Stir Fry Over Pasta fajita chicken tossed with vegetables served over whole grain spaghetti	Cheesy Stuffed Breadsticks gooey mozzarella cheese filled whole wheat sticks great for dunking in your favorite sauce V	French Toast Sticks crispy, golden brown, French toast sticks perfect for dipping or dunking in syrup V Turkey Sausage Links
 WHERE BURGERS ARE JUST THE BEGINNING	Mozzarella Sticks with Homemade Marinara Sauce V	Turkey Sausage, Egg & Cheese on a Bun start your day with a hot breakfast sandwich featuring turkey sausage, egg and	Hot Dog on a Bun beef hot dog nestled on a soft bun and topped with your choice of condiments	Spicy Chicken Sandwich a boldly spiced crispy chicken breast filet with leaf lettuce and ripe tomato on a soft bun	Bacon Cheeseburger beef burger patty topped with crispy bacon strips on a whole wheat bun 🍎
 SANDWICHES AND SALADS MADE FRESH DAILY	Turkey Garden Salad turkey breast over mixed greens with lettuce, tomatoes, cucumbers, carrots and radishes with a whole	Antipasto Salad with 2 Dinner Rolls salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad	Tossed Salad with Shredded Cheese & 2 Dinner Roll mixed greens with tomatoes, cucumbers, carrot sticks, radishes, shredded cheddar and a	Spinach Salad with Dinner Roll with eggs, mushrooms and red onions served with a dinner roll V	Greek Salad with Dinner Roll romaine lettuce, red onion, tomatoes, cucumbers, feta cheese and black olives
 Southwestern cuisine with a bite	Taco Tacos fiesta beef wrapped in a crispy tortilla shell with pico de gallo, cheddar cheese and lettuce AVAILABLE DAILY: Crunchy or soft Taco and nacho chips, toppings include: salsa, sour cream, lettuce and cheddar cheese sauce	Chicken & Cheese Quesadilla fiesta style chicken with melted American cheese pressed inside a whole wheat tortilla	Beefy Burrito fiesta style beef with sour cream, refried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla	Pico & Cheese Nachos crispy tortilla chips served with cheese sauce and fresh pico de gallo V	Chicken Taco Salad a crispy tortilla bowl topped with lettuce, beans, chicken, jalapenos, pico de gallo, cheddar and sour cream
 		Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Empire Apple Fresh Orange	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Apple Banana	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Bartlett Pear	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Apple Fresh Orange

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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AVAILABLE DAILY: Ham, Turkey and Buffalo Chicken on a Whole Wheat Wrap					
 ITALIAN BISTRO	Beef & Cheese Stromboli garlic toasted whole grain pizza crust filled with beef, mozzarella and marinara sauce	Broccoli Cheddar Pizza fresh whole grain pizza dough topped with marinara sauce, mozzarella, cheddar cheese and broccoli florets	Chicken Pepperoni Pizza Pops garlic pizza dough stuffed with mozzarella cheese, tomato sauce, chicken pepperoni and spices	Three Cheese Calzone whole grian calzone with mozzarella, parmesan and ricotta cheese V	Grilled Vegetable Pizza grilled pizza topped with zucchini, squash, eggplant, scallions and mozzarella V
AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice					
 Enticing Homestyle Cuisine	Buffalo Style Baked Chicken Tenders crispy chicken tenders perfect for dunking in our buffalo sauce and served with carrot and celery sticks Broccoli Florets	Burger Bar all beef burger with choice of toppings: caramelized onions, mushrooms, peppers, bacon and cheese on a whole wheat bun 🍎	Pasta with Meat Sauce* whole grain penne pasta topped with meat sauce	Meatloaf with Gravy savory beef meatloaf with a hearty brown gravy	French Toast Sticks & Turkey Sausage whole grain French toast sticks, served with turkey sausage Hash Browns
 WHERE BURGERS ARE JUST THE BEGINNING	Mozzarella Sticks with Homemade Marinara Sauce V	Turkey Sausage, Egg & Cheese on a Bun start your day with a hot breakfast sandwich featuring turkey sausage, egg and	Hot Dog on a Bun beef hot dog nestled on a soft bun and topped with your choice of condiments	Spicy Chicken Sandwich a boldly spiced crispy chicken breast filet with leaf lettuce and ripe tomato on a soft bun	Bacon Cheeseburger beef burger patty topped with crispy bacon strips on a whole wheat bun 🍎
AVAILABLE DAILY: Hamburger, Cheeseburger, Turkey Burger and Veggie Burger served on Whole Wheat Roll					
 SANDWICHES AND SALADS MADE FRESH DAILY	Turkey Garden Salad turkey breast over mixed greens with lettuce, tomatoes, cucumbers, carrots and radishes with a whole	Antipasto Salad with 2 Dinner Rolls salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad	Tossed Salad with Shredded Cheese & 2 Dinner Roll mixed greens with tomatoes, cucumbers, carrot sticks, radishes, shredded cheddar and a	Spinach Salad with Dinner Roll with eggs, mushrooms and red onions served with a dinner roll V	Greek Salad with Dinner Roll romaine lettuce, red onion, tomatoes, cucumbers, feta cheese and black olives
AVAILABLE DAILY: Garden Salad, Chef Salad & Chicken Caesar Salad served with 2 Whole Wheat Dinner Rolls & Lowfat Dressing					
 Southwestern cuisine with a bite	Cheese Enchilada crispy cheese tortilla baked with chili sauce and cheddar, topped with pico de gallo and sour cream V	Chicken & Cheese Quesadilla fiesta style chicken with melted American cheese pressed inside a whole wheat tortilla	Beefy Burrito fiesta style beef with sour cream, refried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla	Pico & Cheese Nachos crispy tortilla chips served with cheese sauce and fresh pico de gallo V	Chicken Taco Salad a crispy tortilla bowl topped with lettuce, beans, chicken, jalapenos, pico de gallo, cheddar and sour cream
 	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Banana Empire Apple	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Fresh Apple Fresh Orange	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Apple Banana	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Fresh Apple	Romaine Salad w/ Tomato Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Apple Banana

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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AVAILABLE DAILY: Ham, Turkey and Buffalo Chicken on a Whole Wheat Wrap					
 ITALIAN BISTRO	Beef & Cheese Stromboli garlic toasted whole grain pizza crust filled with beef, mozzarella and marinara sauce	Broccoli Cheddar Pizza fresh whole grain pizza dough topped with marinara sauce, mozzarella, cheddar cheese and broccoli	Chicken Pepperoni Pizza Pops garlic pizza dough stuffed with mozzarella cheese, tomato sauce, chicken pepperoni and spices	Meatball Calzone garlic toasted whole grain calzone filled with meatballs, ricotta and melted cheeses	Grilled Vegetable Pizza grilled pizza topped with zucchini, squash, eggplant, scallions and mozzarella V
AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice					
 Enticing Homestyle Cuisine	Chicken Nuggets 6 white meat chicken nuggets	Texas Rib Sandwich boneless BBQ rib meat slathered in tangy barbecue sauce and served on a soft bun	Mozzarella Sticks with Homemade Marinara Sauce V	Quesadilla Pizzadilla mozzarella cheese, chicken pepperoni and salsa on tortilla wrap spread with pizza sauce, folded and grilled	New Yorker Dog all beef, skinless hot dog in a whole wheat bun, topped with sauerkraut and onions
 WHERE BURGERS ARE JUST THE BEGINNING	Mozzarella Sticks with Homemade Marinara Sauce V	Turkey Sausage, Egg & Cheese on a Bun start your day with a hot breakfast sandwich featuring turkey sausage, egg and	Hot Dog on a Bun beef hot dog nestled on a soft bun and topped with your choice of condiments	Spicy Chicken Sandwich a boldly spiced crispy chicken breast filet with leaf lettuce and ripe tomato on a soft bun	Bacon Cheeseburger beef burger patty topped with crispy bacon strips on a whole wheat bun V
AVAILABLE DAILY: Hamburger, Cheeseburger, Turkey Burger and Veggie Burger served on Whole Wheat Roll					
 SANDWICHES AND SALADS MADE FRESH DAILY	Turkey Garden Salad turkey breast over mixed greens with lettuce, tomatoes, cucumbers, carrots and radishes with a whole	Antipasto Salad with 2 Dinner Rolls salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad	Tossed Salad with Shredded Cheese & 2 Dinner Roll mixed greens with tomatoes, cucumbers, carrot sticks, radishes, shredded cheddar and a	Spinach Salad with Dinner Roll with eggs, mushrooms and red onions served with a dinner roll V	Greek Salad with Dinner Roll romaine lettuce, red onion, tomatoes, cucumbers, feta cheese and black olives
AVAILABLE DAILY: Garden Salad, Chef Salad & Chicken Caesar Salad served with 2 Whole Wheat Dinner Rolls & Lowfat Dressing					
 Southwestern cuisine with a bite	Cheese Enchilada crispy cheese tortilla baked with chili sauce and cheddar, topped with pico de gallo and sour cream V	Chicken & Cheese Quesadilla fiesta style chicken with melted American cheese pressed inside a whole wheat tortilla	Beefy Burrito fiesta style beef with sour cream, refried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla	Pico & Cheese Nachos crispy tortilla chips served with cheese sauce and fresh pico de gallo V	Crispy Chicken Taco fiesta style chicken wrapped in a crispy tortilla shell with cheddar cheese, lettuce and salsa
AVAILABLE DAILY: Crunchy or soft Taco and nacho chips, toppings include: salsa, sour cream, lettuce and cheddar cheese sauce					
	Romaine Salad w/ Tomato Celery Sticks Baby Carrots Garbanzo Beans Cucumber Coins Fresh Orange Fresh Apple	Romaine Salad w/ Tomato Celery Sticks Baby Carrots Garbanzo Beans Fresh Apple Fresh Orange	Romaine Salad w/ Tomato Celery Sticks Baby Carrots Garbanzo Beans Fresh Orange	Celery Sticks Romaine Salad w/ Tomato Garbanzo Beans	Romaine Salad w/ Tomato Celery Sticks Baby Carrots Garbanzo Beans Fresh Orange

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 ITALIAN BISTRO		Three Cheese Calzone <i>whole grian calzone with mozzarella, parmesan and ricotta cheese</i> V AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice			
 Enticing Homestyle Cuisine		BBQ Chicken <i>tender chicken marinated in bbq sauce</i> Steamed Carrots			
 WHERE BURGERS ARE JUST THE BEGINNING		Turkey Sausage, Egg & Cheese on a Bun <i>start your day with a hot breakfast sandwich featuring turkey sausage, egg and</i> AVAILABLE DAILY: Hamburger, Cheeseburger, Turkey Burger and Veggie Burger served on Whole Wheat Roll			
 SANDWICHES AND SALADS MADE FRESH DAILY		Antipasto Salad with 2 Dinner Rolls <i>salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad</i> AVAILABLE DAILY: Garden Salad, Chef Salad & Chicken Caesar Salad served with 2 Whole Wheat Dinner Rolls & Lowfat Dressing			
 Southwestern cuisine with a bite		Grande Chicken & Cheese Quesadilla <i>fiesta chicken, shredded cheese and pico de gallo melted into a tortilla</i> AVAILABLE DAILY: Crunchy or soft Taco and nacho chips, toppings include: salsa, sour cream, lettuce and cheddar cheese sauce			
		Romaine Salad w/ Tomato Celery Sticks Baby Carrots Garbanzo Beans Sliced Cucumber Cantaloupe Fresh Orange			

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