

Coloma Community Schools High School Lunch Menu

Feb 1-Feb 3, 2012

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, 1% white, and 1% chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>			<p>BACKYARD BBQ BOWL:</p> <p>Fresh Roasted Southern Style BBQ Pork</p> <p>Cheesy Macaroni</p> <p>Cinnamony Sweet Potatoes Seasoned Green Beans</p> <p>Fresh Baked Biscuit</p> <p>Honey BBQ Sauce</p> <p>Chopped Green Onion</p>	<p>SAUCY CHICKEN BOWL:</p> <p>Pineapple Glazed Chicken</p> <p>Mashed Potatoes Bread Stuffing Made w/ Whole Wheat</p> <p>Seasoned Mixed Veggies</p> <p>Whole Grain Dinner Roll</p> <p>Pineapple Glaze Honey BBQ Sauce</p> <p>Green Parsley</p>	<p>SIZZLING TACO BOWL:</p> <p>Spicy Taco Meat</p> <p>Whole Grain Tortilla Shell Rounds Rice & Beans</p> <p>Mexican Corn Warm Baked Apple Slices</p> <p>Cinnamon Breadstick</p> <p>Homemade Creamy Cilantro Lime Dressing</p> <p>Fresh Roasted Tomato Salsa</p>
<p>Unique hand held hot sandwiches and finger food combo's rule here!</p>			<p>Turkey & Cheese Bagel Melt</p> <p>Jalapeno Turkey Burger on Whole Wheat Bun</p> <p>Cinnamony Sweet Potatoes</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Fish Sandwich with Cheese on a Whole Wheat Bun (Sustainable Seafood)</p> <p>Breaded Spicy Chicken Sandwich on WW Bun</p> <p>Mixed Vegetables</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Chicken Parmesan Wrap</p> <p>Grilled Turkey and Cheese on WW Bread</p> <p>Warm Baked Apple Slices</p> <p>Fresh Romaine Lettuce & Tomato</p>
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Fresh Baked Daily</p>			<p>Veggie Lover's Pizza on Whole Grain Crust</p> <p>Italian Chicken Hot Croissant</p>	<p>Pepperoni Pizza on Whole Grain Crust</p> <p>Triple Decker Bean Tostados w/ Salsa</p>	<p>Philly Cheese Steak Pizza on Whole Grain Crust</p> <p>Chicken Florentine Flatbread</p>
<p>Cold Sandwiches & Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad</p>			<p>Made to Order SALAD Bar</p> <p>Special: Buffalo Style Chicken Salad w/ Toasted Flatbreads & Homemade Ranch Dressing</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Peanut Butter & Apple Whole Wheat Roll Ups</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Turkey & Swiss Ciabatta w/Dijon Mustard</p>
<p>Fresh Food Fast-Packaged for Grab N' Go</p>			<p>Breaded Chicken Caesar Salad w/ Croutons</p> <p>Buffalo Style Chicken Salad w/ Toasted Flatbreads & Homemade Ranch Dressing</p> <p>Santa Fe Turkey and Cheddar Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Catalina Turkey Club Salad w/ Crackers</p> <p>Peanut Butter & Apple Whole Wheat Roll Ups</p> <p>Italian Hero</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Deli Chef Salad w/ Crackers</p> <p>Turkey & Swiss Ciabatta w/Dijon Mustard</p> <p>Buffalo Chicken Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>
<p>Cold Fruit & Vegetable Bar Offered Daily</p> <p>Featuring fresh seasonal produce including local items as available</p> <p>Fresh Homemade Vegetable Pasta Salad</p>			<p>Tossed Salad w/Light Dressing</p> <p>Fresh Local Apples</p> <p>Chilled Pears</p> <p>Vegetable Pasta Salad</p>	<p>Spinach Romaine Salad w/Strawberries</p> <p>Vegie Pasta Salad</p> <p>Fresh Bananas</p> <p>Carrot Sticks</p>	<p>Tossed Salad w/ Light Dressing</p> <p>Fresh Orange Wedges</p> <p>Vegetable Pasta Salad</p> <p>Crunchy Spinach Salad</p>



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(Menu subject to change)

Shelley Mazighan

Director of Dining Services

(269) 468-2598 <http://ccs.coloma.org>

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Daily milk choices include skim white, 1% white, and 1% chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	<p>NORTHEAST ASIAN RICE BOWL:</p> <p>Korean Braised Ribbie</p> <p>Oriental Fried Rice Steamed Brown Rice</p> <p>Fresh Carrots & Onions Bok Choy with Garlic and Ginger</p> <p>Crunchy Asian Topping</p> <p>Garlic Sesame Sauce</p> <p>Fresh Chopped Green Onion</p>	<p>MASHED POTATO BOWL:</p> <p>Breaded Popcorn Chicken</p> <p>Mashed Potatoes Seasoned Corn Roasted Carrot Fries</p> <p>WG Bread Stick</p> <p>Homemade Chicken Gravy</p> <p>Fresh Shredded Carrot</p>	<p>NACHO BOWL:</p> <p>Spicy Turkey Taco Meat</p> <p>Cilantro Lime Brown Rice Whole Grain Corn Tortilla Shell Rounds</p> <p>Corn & Black Bean Salad Fresh Homemade Salsa</p> <p>Cinnamon Breadstick</p> <p>Homemade Cheese Sauce</p>	<p>AMERICAN DINER BOWL:</p> <p>Roast Turkey w/ Gravy</p> <p>Bread Stuffing Made w/ Whole Wheat</p> <p>Mashed Sweet Potatoes Seasoned Green Beans</p> <p>Whole Grain Dinner Roll</p> <p>Turkey Gravy</p> <p>Cranberry Sauce</p>	<p>ITALIAN PASTA BOWL:</p> <p>Saucy Italian Meatballs</p> <p>Whole Wheat Spaghetti Curly Rotini Pasta</p> <p>Fresh Steamed Veggie Medley Broccoli Salad</p> <p>Toasted Whole Grain Garlic Bun</p> <p>Red Marinara Sauce</p> <p>Roma Herb Seasoning Blend</p>
<p>Unique hand held hot sandwiches and finger food combo's rule here!</p>	<p>Hot Chili Burger w/ Monterey Jack</p> <p>Breaded Chicken Sandwich on a WW Bun</p> <p>Broccoli w/ Shredded Cheese</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Whole Grain Breaded Chicken Corn Dog Nuggets w/ Biscuit</p> <p>Roast Beef and Cheese Wrap</p> <p>Roasted Carrot Fries</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Pizza Burger on a Whole Wheat Bun</p> <p>Chicken Snack Wraps</p> <p>Baked Potato</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Breaded Chicken Parm Sandwich</p> <p>Country Skillet Breakfast Wrap</p> <p>Green Beans</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Thanksgiving Turkey Wrap</p> <p>Cheese Quesadilla with Yogurt Salsa</p> <p>Steamed Veggie Medley</p> <p>Fresh Romaine Lettuce & Tomato</p>
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Fresh Baked Daily</p>	<p>Pepperoni Pizza on Whole Grain Crust</p> <p>Red Hot Chicken Pizza</p>	<p>Chicken Tostado Flatbread</p> <p>Whole Wheat Pizza Bagels</p>	<p>Hawaiian Pizza on Whole Grain Crust</p> <p>Cheese Finger Rip & Dips w/ Tomato Dipping Sauce</p>	<p>Pepperoni Pizza on Whole Grain Crust</p> <p>Hot Taco Pocket</p>	<p>Ham & cheese Stromboli</p> <p>Whole Grain Mexican Pita Pizzas</p>
<p>Cold Sandwiches & Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Sweet Corn Salad</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Chicken Caesar Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Parisian Ham & Cheese Wrap</p>	<p>Made to Order SALAD Bar</p> <p>Special: Popcorn Chicken Salad w/ Homemade Spicy Dressing</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Roast Beef and Swiss Bagel with Cajun mayo</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Santa Fe Turkey & Cheddar Wrap</p>
<p>Fresh Food Fast-Packaged for Grab N' Go</p>	<p>Deli Chef Salad w/ Crackers</p> <p>Chicken Caesar Wrap</p> <p>Ham & Cheese on a Kaiser roll</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Cobb Salad w/ Crackers</p> <p>Parisian Ham & Cheese Wrap</p> <p>Toasted Whole Wheat Bagel Chips w/ Fresh Veggies & Hummus</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Popcorn Chicken Salad w/ Homemade Spicy Dressing</p> <p>Turkey Club Wrap</p> <p>Italian Hero</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Chicken Caesar Salad w/ Croutons</p> <p>Roast Beef and Swiss Bagel with Cajun mayo</p> <p>Buffalo Chicken Salad Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p> <p>Sweet Corn Salad</p> <p>Petite Bananas</p>	<p>Garden Cheese Salad w/ crackers</p> <p>Santa Fe Turkey & Cheddar Wrap</p> <p>Honey Mustard Chicken Pasta Salad</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p> <p>Carrot Sticks</p> <p>Cinnamon Applesauce</p>
<p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available Sweet Corn Salad Daily</p>	<p>Sweet Corn Salad</p> <p>Romaine Tossed Salad</p> <p>Chilled Mixed Fruit</p> <p>Fresh Orange Wedges</p>	<p>Celery Sticks</p> <p>Carrot Sticks</p> <p>Sweet Chewy Raisins</p> <p>Fresh Pears</p>	<p>Sweet Corn Salad</p> <p>Caesar Romaine Side Salad w/ Croutons</p> <p>Fresh Local Apples</p> <p>Chilled Peaches</p>	<p>Tossed Salad w/ Light Dressing</p> <p>Corn & Black Bean Salad</p> <p>Petite Bananas</p> <p>Chilled Mixed Fruit</p>	<p>Sweet Corn Salad</p> <p>Carrot Sticks</p> <p>Tossed Salad w/ Light Dressing</p> <p>Cinnamon Applesauce</p>



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(Menu subject to change)

Shelley Mazigian

Director of Dining Services

(269) 468-2598 <http://ccs.coloma.org>

Coloma Community Schools High School Lunch Menu

Feb. 13-17, 2012

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, 1% white, and 1% chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	WET BURRITO BOWL: Beef & Bean Chili or Southwest Beans Fiesta Rice Golden Corn Shredded Lettuce & Diced Tomato Whole Wheat Flour Tortilla Fresh Homemade Salsa Shredded Cheddar	MEDITERRANEAN BOWL: Tarragon Marinated Chicken Brown Veggie Rice Roasted Italian Vegetables Warm Whole Wheat Pita Bread Homemade Taziki Sauce Chopped Green Onion	FAJITA BOWL: Fajita Chicken Cilantro Lime Chips Black Beans Roasted Bell Pepper & Onion Roasted Tomato Salsa Whole Grain Tortilla Shredded Cheddar Chopped Cilantro	MOM'S MASHED POTATO BOWL: Herb Roasted Chicken Baked Sweet Potato Fresh Glazed Carrots Sweet Peas Whole Wheat Toasted Garlic Bun Homemade Chicken Gravy Fresh Parsley	BRUNCH FOR LUNCH BOWL: Scrambled Eggs, Crumbled Sausage Herb Roasted Potatoes Fresh Orange Wedges Warm Baked Apple Slices Whole Wheat Pancake Warm Syrup Shredded Cheddar
 <p>Unique hand held hot sandwiches and finger food combo's rule here!</p>	Whole Grain Chicken Nuggets Lean Beef Burger with Cheese Golden Corn Fresh Romaine Lettuce & Tomato	Philly Cheese Steak on a Roll Grilled Teriyaki Turkey Sandwich on Kaiser Fruit Crisp Fresh Romaine Lettuce & Tomato	Alpine Swiss Burger on WG Bun Triple Decker Toasted Cheese on Whole Wheat Roma Herb Potato Wedges Fresh Romaine Lettuce & Tomato	Breaded Popcorn Chicken w/ Toasted Garlic Bun Ham and American Cheese Breakfast Flatbread Fold Sweet Peas Fresh Romaine & Tomato	Greek Breaded Chicken Sandwich on a Whole Wheat Bun Meatball Parmesan Pizza Wrap Warm Baked Apple Slices Fresh Romaine Lettuce & Tomato
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Fresh Baked Daily</p>	Pepperoni Pizza on Whole Grain Crust Roasted Veggie Supreme Flatbread	Whole Wheat Pizza Dunkers w/ Shredded Cheese & Tomato Dipping Sauce Sausage Pizza	Chicken & Roma Tomato Whole Grain Pita Pizza Cheese Fingers Rip and Dip w/ Tomato Dipping Sauce	Pepperoni Pizza on Whole Grain Crust Turkey & Cheese Hot Pocket w/ Tomato Dipping Sauce	Ham and Pineapple Pizza on Whole Grain Crust Margherita Flatbread
 <p>Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Green Goddess Pasta Salad</p>	Made to Order SANDWICH Bar Special: Ham and Cheese Sub	Made to Order SANDWICH Bar Special: Buffalo Chicken Salad on Whole Wheat Bagel	Made to Order SALAD Bar Special: Monterey Ranch Chicken Salad w/ Homemade Ranch Dressing & Toasted Flatbreads	Made to Order SANDWICH Bar Special: Roast Beef & Swiss on WG Sub Bun w/ Golden Honey Mustard	Made to Order SANDWICH Bar Special: Santa Fe Turkey and Cheddar Wrap
 <p>Fresh Food Fast-Packaged for Grab N' Go</p>	Garden Cheese Salad w/ Crackers Mediterranean Sandwich w/ Hummus & Feta on Whole Wheat w/ Green Goddess Pasta Salad Cottage Cheese, Crackers, & Fruit Combo Fruit Yogurt Parfait w/ Granola Topping	Wild Greens Antipasto Salad w/ Dinner Roll Buffalo Chicken Salad on a Whole Wheat Bagel Chicken Caesar Wrap Fruit Yogurt Parfait w/ Granola Topping	Breaded Chicken Caesar Salad w/ Croutons Monterey Ranch Chicken Salad w/ Homemade Ranch Dressing Turkey Club Bagel Sandwich Fruit Yogurt Parfait w/ Granola Topping	Catalina Turkey Club Salad w/ Crackers Roast Beef & Swiss on WG Sub Bun w/ Golden Honey Mustard Ham & Cheese on a Kaiser Roll Fruit Yogurt Parfait w/ Granola Topping	Chunky Tuna Salad w/ Crackers Santa Fe Turkey and Cheddar Wrap Italian Hero Fruit Yogurt Parfait w/ Granola Topping
 <p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available Green Goddess Salad Available Daily</p>	Petite Banana Green Goddess Salad Chilled Mixed Fruit Mandarin Oranges	Fresh Local Apples Crunchy Spinach Salad Chilled Peaches Fruit Crisp	Chilled Pineapples Green Goddess Pasta Salad Carrot Sticks Sweet Chewy Raisins	Caesar Romaine Salad w/ Croutons Chilled Pears Apple Salad Green Goddess Pasta Salad	Chilled Cinnamon Applesauce Fresh Orange Wedges Tossed Salad w/ Light Dressing Pear Raisin Salad



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<p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	No School	FIESTA POTATO BOWL: Spicy Mexican Beef Whole Baked Potato Steamed Broccoli Cuts Southwest Corn & Black Bean Salad Homemade Corn Bread or Whole Grain Dinner Roll Homemade Cheddar Cheese Sauce Fresh Shredded Carrot	AMERICAN DINER BOWL: Meat Loaf Macaroni and Cheese Mashed Potatoes Seasoned Green Beans Seasoned Mixed Veggies Whole Grain Dinner Roll Homemade Brown Gravy Green Parsley Flakes	CAJUN RICE (JAMBALYA) BOWL: Savory Crumbled Sausage, Diced Ham Cajun Brown Rice Steamed Brown Rice Warm Baked Apple Slices Fresh Baked Biscuit Spicy Tomato Sauce Fresh Chopped Green Onion	ITALIAN PASTA BOWL: Italian Marinated Chicken Fettuccini Whole Wheat Spaghetti Roasted Italian Vegetables Made w/ Fresh Locally Grown Zucchini & Green Peppers Seasoned Green Beans Garlic Twist Creamy Roasted Garlic Sauce, Red Marinara Sauce Roma Herb Seasoning Blend
<p>Unique hand held hot sandwiches and finger food combo's rule here!</p>		Breaded Chicken Tenders with Biscuit Lean Beef Burger with Cheese Roma Herb Potato Wedges Fresh Romaine Lettuce & Tomato	BLT Burger on Whole Wheat Bun Spicy Chicken Sandwich on WW Bun Seasoned Mixed Veggies Fresh Romaine Lettuce & Tomato	BBQ Chicken on Whole Wheat Bun Grilled Turkey Club Sandwich on Whole Wheat Warm Baked Apple Slices Fresh Romaine Lettuce & Tomato	Chicken Parmesan Wrap Southern BBQ Meatloaf Sandwich Roasted Italian Vegetables Made w/ Fresh Locally Grown Zucchini & Green Peppers Fresh Romaine Lettuce & Tomato
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheeseseon Whole Grain Crust Fresh Baked Daily</p>		Chicken Florentine Flatbread Triple Decker Bean Tostada	Pepperoni Pizza on Whole Grain Crust Cheese Stuffed Breadsticks with Dipping Sauce	Chicken Bruschetta Pizza Topped w/ Fresh Locally Grown Tomatoes Ham & Cheese Hot Pocket w/ Tomato Dipping Sauce	Grilled Veggie Pizza w/ Local Veggies on Whole Grain Crust BBQ Chicken Pizza
<p>Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Buttermilk Coleslaw Made w/ Fresh Locally Grown Cabbage</p>		Made to Order SANDWICH Bar Special: Parisian Ham & Cheese Wrap	Made to Order SANDWICH Bar Special: Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo	Made to Order SALAD Bar Special: Mandarin Orange Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing & Crackers	Made to Order SANDWICH Bar Special: Classic Chicken Salad
<p>Fresh Food Fast-Packaged for Grab N' Go</p>		Cobb Salad w/ Crackers Parisian Ham & Cheese Wrap Chicken Caesar Wrap Fruit Yogurt Parfait w/ Granola Topping	Breaded Chicken Caesar Salad w/ Crackers Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo Italian Hero Fruit Yogurt Parfait w/ Granola Topping	Mandarin Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing Turkey Club Wrap Buffalo Chicken Salad Wrap Fruit Yogurt Parfait w/ Granola Topping	Crispy Chicken Popper Salad w/ Crackers Grilled Chicken and Roasted Vegetables on a Kaiser Roll Made w/ Fresh Locally Grown Zucchini & Green Peppers on a Kaiser Roll w/ Homemade Sweet Corn Salad Classic Chicken Salad Wrap Fruit Yogurt Parfait w/ Granola Topping
<p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available Buttermilk Coleslaw Available Daily</p>		Caesar Romaine Side Salad w/ Croutons Southwest Corn & Black Bean Salad Fresh Local Apples Chilled Peaches	Homeade Coleslaw Tossed Salad w/ Light Dressing Fruit Crisp Chilled Mandarin Oranges	Marinated Tomato & Cucumber Salad Made w/ Locally Grown Cucumbers & Tomatoes Tossed Salad w/ Light Dressing Chilled Pineapples Fresh Banana	Homeade Coleslaw Carrot Sticks Fruit Crisp Chilled Applesauce



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Coloma Community Schools High School Lunch Menu

Feb. 27-March 2, 2012

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

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Station	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	<p>SWEET N SOUR CHICKEN BOWL:</p> <p>Popcorn Chicken</p> <p>Oriental Fried Rice Steamed Brown Rice</p> <p>Roasted Red and Green Bell Peppers</p> <p>Stir Fry Vegetables</p> <p>Crunchy Asian Topping</p> <p>Whole Grain Dinner Roll</p> <p>Sweet N Sour Sauce</p> <p>Fresh Chopped Green Onion</p>	<p>ITALIAN PASTA BOWL:</p> <p>Bow Tie Pasta Whole Grain Penne</p> <p>Shredded Part Skim Mozzarella</p> <p>Steamed Broccoli</p> <p>Whole Wheat Toasted Garlic Bun</p> <p>Red Marinara Sauce with Meatballs Creamy Roasted Garlic Sauce</p> <p>Roma Herb Seasoning Blend</p>	<p>LATIN AMERICAN ROAST PORK BOWL:</p> <p>Puerto Rican Citrus Pork</p> <p>Rice & Beans Mashed Sweet Potatoes</p> <p>Tossed Salad w/ Light Dressing</p> <p>Seasoned Green Beans</p> <p>Spicy Lime Whole Wheat Tortilla Chips</p> <p>Salsa</p> <p>Orange Slice</p>	<p>ORANGE GINGER CHICKEN BOWL:</p> <p>Popcorn Chicken</p> <p>Steamed Brown Rice Fried Rice</p> <p>Fresh Steamed Broccoli</p> <p>Fresh Stir Fry Vegetables</p> <p>Sesame Breadstick</p> <p>Homemade Orange Ginger Sauce</p> <p>Chopped Green Onion</p>	<p>CHICKEN PARM BOWL:</p> <p>Breaded Chicken Cutlet</p> <p>Seasoned Pasta Whole Wheat Spaghetti</p> <p>Seasoned Mixed Veggies</p> <p>Roasted Italian Butternut Squash</p> <p>Fresh Baked Breadstick</p> <p>Red Marinara Sauce</p> <p>Shredded Part Skim Mozzarella</p>
<p>Unique hand held hot sandwiches and finger food combo's rule here!</p>	<p>Buffalo Chicken Slyders</p> <p>Lean Beef Burger with Cheese on WW Bun</p> <p>Roma Herb Potato Wedges</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Jalapeno Turkey Burger on a Whole Wheat Bun</p> <p>Stromboli Grinder</p> <p>Steamed Broccoli</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Breaded Chicken Tenders w/ Biscuit</p> <p>Pulled Pork on WW Bun</p> <p>Green Beans</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Salsa Chicken Wrap</p> <p>Grilled BBQ Chicken on WW Bun</p> <p>Fresh Broccoli w/ Shredded Cheese</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Cheese Steak Sandwich</p> <p>Roast Turkey Pita Pocket</p> <p>Roma Herb Potato Wedges</p> <p>Fresh Romaine Lettuce & Tomato</p>
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Fresh Baked Daily</p>	<p>Pepperoni Pizza on Whole Grain Crust</p> <p>Pizza w/ Roasted Italian Vegetables</p>	<p>Pepperoni Pizza on Whole Grain Crust</p> <p>Cheeseburger Flatbread</p>	<p>Hot Dog Twist</p> <p>Italian Stromboli w/ Tomato Dipping Sauce</p>	<p>Whole Wheat Pizza Dunkers w/ Shredded Cheese & Tomato Dipping Sauce</p> <p>Hawaiian Pizza</p>	<p>Red Hot Chicken Pizza on Whole Grain Crust</p> <p>Cheese Fingers Rip and Dip</p>
<p>Cold Sandwiches & Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread</p> <p>Turkey, Ham, Tuna Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots</p> <p>Fresh Homemade Fruit Goop</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Chicken Caesar Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Santa Fe Turkey and Cheddar Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Classic Chicken Salad on Whole Wheat w/ Lettuce & Tomato</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Roast Beef Wrap with Golden Honey Mustard</p>	<p>Made to Order SALAD Bar</p> <p>Special: Asian Six Treasure Chicken Salad w/ Homemade Sweet N Sour Dressing & Whole Wheat Roll</p>
<p>Fresh Food Fast-Packaged for Grab N' Go</p>	<p>Garden Cheese Salad w/ Crackers</p> <p>Chicken Caesar Wrap w/ Homemade Macaroni Salad</p> <p>Tuna Salad Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Chunky Tuna Salad w/ Crackers</p> <p>Santa Fe Turkey and Cheddar Wrap</p> <p>Italian Hero</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Catalina Turkey Club Salad w/ Crackers</p> <p>Classic Chicken Salad on Whole Wheat w/ Lettuce & Tomato</p> <p>Little Italy Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Crispy Chicken Popper Salad w/ Crackers</p> <p>Roast Beef Wrap with Golden Honey Mustard</p> <p>Cottage Cheese, Crackers, & Fruit Combo</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Breaded Chicken Caesar Salad w/ Whole Wheat Dinner Roll</p> <p>Asian Six Treasure Chicken Salad w/ Homemade Sweet N Sour Dressing & Whole Wheat Roll</p> <p>Turkey Club Bagel Sandwich</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>
<p>Cold Fruit & Vegetable Bar Offered Daily</p> <p>Featuring fresh seasonal produce including local items as available</p> <p>Fruit Goop Available Daily</p>	<p>Fruit Goop</p> <p>Crunchy Spinach Salad</p> <p>Chilled Pears</p> <p>Fresh Orange Wedges</p>	<p>Carrot Sticks</p> <p>Homemade Coleslaw</p> <p>Fruit Goop</p> <p>Chilled Mixed Fruit</p>	<p>Tossed Salad w/ Light Dressing</p> <p>Petite Bananas</p> <p>Chilled Applesauce</p> <p>Carrot Sticks</p>	<p>Caesar Romaine Side Salad w/ Croutons</p> <p>Chilled Pineapple</p> <p>Veggie Crudites Cup</p> <p>Fruit Goop</p>	<p>Fresh Apple</p> <p>Apple Salad Made w/ Fresh Local Apples</p> <p>Caesar Romaine Side Salad w/ Croutons</p> <p>Celery Sticks</p>



Go to www.choosemyplate.gov & www.eatlearnlive.com & www.simplygoodfood.org for online personal wellness resources for you and your family



The school food service program prohibits discrimination on the basis of race, color, religion, national origin, age, sex, marital status, height, weight, or disability.

(Menu subject to change)

Shelley Mazigian

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