

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>			BACKYARD BBQ BOWL: Scrambled Eggs, Crumbled Sausage Home-style Grits Herb Roasted Potatoes w/ Shredded Carrot Fresh Orange Wedges Fruit Crisp Whole Wheat Pancake Warm Syrup	MOM'S MASHED POTATO BOWL: Pineapple Glazed Chicken* Mashed Potatoes Bread Stuffing Made w/ Whole Wheat* Seasoned Mixed Veggies* Dinner Roll Pineapple Glaze	SIZZLING TACO SALAD BOWL: Spicy Taco Meat Whole Grain Tortilla Shell Rounds Rice & Beans Crisp Mixed Greens Warm Baked Apple Slices Cinnamon Breadstick Homemade Creamy Cilantro Lime Dressing Salsa
<p>Grab a Stack!</p>			Veggie Burger & Cheddar on a Whole Wheat Bun Breaded Chicken Sandwiches Breakfast Burrito Seasoned Corn Fresh Iceberg Lettuce & Tomato	Chicken Parm Wrap* Lean Beef Cheeseburgers Breaded Chicken Sandwiches Mashed Potatoes Fresh Iceberg Lettuce & Tomato	Fish Sandwich on a Whole Wheat Bun Breaded Popcorn Chicken w/ Toasted Garlic Bun Lean Beef Cheeseburgers Warm Baked Apple Slices Fresh Iceberg Lettuce & Tomato
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p>			Veggie Lover's Pizza Broccoli & Cheese Calzone w/ Tomato Dipping Sauce Confetti Coleslaw	Pepperoni Pizza Broccoli Cheese Stromboli Tossed Salad w/ Light Dressing	Philly Cheesesteak Pizza Buffalo Chicken Flatbread Tossed Salad w/ Light Dressing
<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 Vegetable Pasta Salad</p>			Made to Order SALAD Bar Special: BBQ Chicken Salad w/ Toasted Flatbreads & Homemade Ranch Dressing*	Made to Order SANDWICH Bar Special: Honey Mustard Ham & Cheese Wrap	Made to Order SANDWICH Bar Special: Peanut Butter & Apple Whole Wheat Roll Ups
<p>Fresh Food Fast-Packaged for Grab N' Go</p>			Breaded Chicken Caesar Salad w/ Soft Pretzel Rod BBQ Chicken Salad w/ Toasted Flatbreads & Homemade Ranch Dressing* Santa Fe Turkey and Cheddar Wrap Italian Hero Fresh Local Apples Confetti Coleslaw	Catalina Turkey Club Salad w/ Soft Pretzel Rod Honey Mustard Ham & Cheese Wrap Fruit Yogurt Parfait w/ Granola Topping Italian Hero Veggie Pasta Salad Petite Bananas*	Deli Chef Salad w/ Soft Pretzel Rod Peanut Butter & Apple Whole Wheat Roll Ups Buffalo Chicken Wrap Italian Hero Fresh Orange Wedges Creamy Carrot Raisin Pineapple Salad
<p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>			Melon Cubes Caesar Romaine Side Salad w/ Croutons Fresh Local Apples Homemade Potato Salad Chilled Fruit Crisp* Confetti Coleslaw Fresh Homemade Vegetable Pasta Salad	Caesar Romaine Side Salad w/ Croutons Fresh Homemade Vegetable Pasta Salad Petite Bananas* Carrot Sticks Fresh Homemade Vegetable Pasta Salad	Tossed Salad w/ Light Dressing* Fresh Orange Wedges* Southwest Corn & Black Bean Salad Green Bean Salad Fresh Homemade Vegetable Pasta Salad

Menu item is made w/ whole grain

Menu item is made w/ fresh locally grown produce (actual items will vary depending on local seasonal availability)

Menu item is offered with the complete daily Balanced Choices® Meal

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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>MASHED POTATO BOWL:</p> <p>WG Breaded Chicken Nuggets</p> <p>Mashed Potatoes</p> <p>Seasoned Mixed Veggies</p> <p>Homemade Biscuit</p> <p>Chicken Gravy</p> <p>Fresh Shredded Carrot</p>	<p>NACHO BOWL:</p> <p>Spicy Taco Meat</p> <p>Cilantro Lime Brown Rice Whole Grain Corn Tortilla Shell Rounds</p> <p>Southwest Beans</p> <p>Mexican Corn</p> <p>Cinnamon Breadstick</p> <p>Spicy Salsa</p> <p>Shredded Cheddar</p>	<p>AMERICAN DINER BOWL:</p> <p>Turkey Pot Pie</p> <p>Rice Pilaf w/ Orzo* Mashed Sweet Potatoes*</p> <p>Golden Corn</p> <p>Seasoned Green Beans</p> <p>Turkey Gravy</p> <p>Green Parsley Flakes</p>	<p>ITALIAN PASTA BOWL:</p> <p>Saucy Italian Meatballs</p> <p>Classic Spaghetti Curly Rotini Pasta</p> <p>Seasoned Mixed Veggies</p> <p>Toasted Whole Grain Garlic Bun</p> <p>Red Marinara Sauce</p> <p>Roma Herb Seasoning Blend</p>
		<p>Whole Grain Breaded Chicken Corn Dog Nuggets w/ Biscuit Lean Beef Cheeseburgers Grilled Chicken & Swiss On a Whole Wheat Bagel Mashed Potatoes</p> <p>Fresh Iceberg Lettuce & Tomato Pepperoni Pizza</p>	<p>Pizza Burger on a Whole Wheat Bun* Breaded Chicken Sandwiches Cheddar Onion Burger</p> <p>Baked Potato*</p> <p>Fresh Romaine Lettuce & Tomato* Hawaiian Pizza</p>	<p>Breaded Chicken Parm Sandwich Lean Beef Cheeseburgers Turkey Burger On A whole Wheat Bun</p> <p>Golden Corn</p> <p>Fresh Iceberg Lettuce & Tomato</p> <p>Pepperoni Pizza</p>	<p>Breakfast Burrito Breaded Popcorn Chicken w/ Toasted Garlic Bun</p> <p>Mini Sweet Tater Puffs</p> <p>Fresh Iceberg Lettuce & Tomato</p> <p>Pizza Topped w/ Green Peppers</p>
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p>		<p>Whole Wheat Pizza Bagels</p> <p>Pinto or Kidney Bean Salad*</p>	<p>Ham & Cheese Hot Pocket w/ Tomato Dipping Sauce</p> <p>Caesar Romaine Side Salad w/ Croutons</p>	<p>Italian Stromboli</p> <p>Tossed Salad w/ Light Dressing</p>	<p>Hot Dog Twist</p> <p>Sweet Corn Salad</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 Macaroni Salad</p>		<p>Made to Order SANDWICH Bar</p> <p>Special: Parisian Ham & Cheese Wrap</p>	<p>Made to Order SALAD Bar</p> <p>Special: Turkey Club Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Roast Beef, Red Onion & Spicy Tomato Mayo on Multigrain Bread</p>
 <p>Fresh Food Fast-Packaged for Grab N' Go</p>		<p>Cobb Salad w/ Soft Pretzel Rod</p> <p>Parisian Ham & Cheese Wrap</p> <p>Chicken Caesar Wrap</p> <p>Italian Hero</p> <p>Carrot Sticks</p> <p>Pear and Strawberry Salad</p>	<p>Chicken Salad w/ Soft Pretzel Rod</p> <p>Turkey Club Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p> <p>Italian Hero</p> <p>Chilled Peaches</p>	<p>Chicken Caesar Salad w/ Soft Pretzel Rod</p> <p>Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo</p> <p>Buffalo Chicken Salad Wrap</p> <p>Italian Hero</p> <p>Celery Sticks</p> <p>Petite Bananas*</p>	<p>Crispy Chicken Popper Salad w/ Soft Pretzel Rod</p> <p>Roast Beef, Red Onion & Spicy Tomato Mayo on Multigrain Bread*</p> <p>Italian Hero</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</p>		<p>Pinto or Kidney Bean Salad*</p> <p>Carrot Sticks Tossed Spinach Salad w/ Ranch Dressing</p> <p>Sweet Chewy Raisins</p> <p>Pear and Strawberry Salad Fresh Homemade Macaroni Salad</p>	<p>Caesar Romaine Side Salad w/ Croutons</p> <p>Fresh Local Apples</p> <p>Chilled Peaches*</p> <p>Fresh Homemade Macaroni Salad</p>	<p>Celery Sticks</p> <p>Broccoli Salad</p> <p>Tossed Salad w/ Light Dressing</p> <p>Petite Bananas*</p> <p>Chilled Mixed Fruit Fresh Homemade Macaroni Salad</p>	<p>Sweet Corn Salad</p> <p>Carrot Sticks</p> <p>Tossed Salad w/ Light Dressing</p> <p>Cinnamon Applesauce*</p> <p>Fresh Homemade Macaroni Salad</p>

 Menu item is made w/ whole grain

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 <p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	<p>WET BURRITO BOWL:</p> <p>Chicken and Cheese Quesadilla</p> <p>Fiesta Rice</p> <p>Golden Corn</p> <p>Shredded Lettuce & Diced Tomato</p> <p>Salsa</p> <p>Shredded Cheddar</p>	<p>MEDITERRANEAN BOWL:</p> <p>Tarragon Marinated Chicken</p> <p>Rice Pilaf w/ Orzo</p> <p>Roasted Tomatoes w/ Rosemary</p> <p>Warm Whole Wheat Pita Bread</p> <p>Homemade Taziki Sauce</p> <p>Chopped Green Onion</p>	<p>ASIAN BOWL:</p> <p>Asian Spicy Chicken</p> <p>Steamed White Rice</p> <p>Carrots & Onion*s</p> <p>Oriental Blend Veggies</p> <p>Dinner Roll*</p> <p>Diced Red & Green Bell Pepper*</p>	<p>MOM'S MASHED POTATO BOWL:</p> <p>Herb Roasted Chicken</p> <p>Mashed Potatoes</p> <p>Fresh Glazed Carrots</p> <p>Whole Wheat Toasted Garlic Bun</p> <p>Chicken Gravy</p> <p>Fresh Diced Tomatoes</p>	<p>BRUNCH FOR LUNCH BOWL:</p> <p>Scrambled Eggs, Crumbled Sausage</p> <p>Home-style Grits</p> <p>Herb Roasted Potatoes w/ Shredded Carrot</p> <p>Fresh Orange Wedges</p> <p>Fruit Crisp</p> <p>Whole Wheat Pancake</p> <p>Warm Syrup</p> <p>Shredded Cheddar</p>
 <p>Grab a Stack!</p>	<p>Alpine Swiss Burger</p> <p>Breaded Chicken Sandwiches</p> <p>Lean Beef Cheeseburgers</p> <p>Golden Corn</p> <p>Fresh Iceberg Lettuce & Tomato</p>	<p>Hot Ham & Cheese on a Whole Wheat Bagel</p> <p>Lean Beef Cheeseburgers</p> <p>Hot and Spicy Chicken Tenders w/Biscuit</p> <p>Warm Baked Apple Slices</p> <p>Fresh Iceberg Lettuce & Tomato</p>	<p>California Cheese Steak Wrap</p> <p>Breaded Chicken Sandwiches</p> <p>Veggie Burger</p> <p>Sweet Tater Puffs</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Breaded Popcorn Chicken w/ Toasted Garlic Bun</p> <p>Lean Beef Cheeseburgers</p> <p>Turkey Burger on a Whole Wheat Bun</p> <p>Mashed Potatoes</p> <p>Fresh Iceberg Lettuce & Tomato</p>	<p>Cheeseburger on a Whole Wheat Bun</p> <p>Breaded Popcorn Chicken w/ Toasted Garlic Bun</p> <p>Fish Sandwich on a Whole Wheat Bun</p> <p>Herb Roasted Potatoes w/ Shredded Carrot*</p> <p>Fresh Iceberg Lettuce & Tomato</p>
 <p>Crust & Stuff</p> <p>Classic Cheese Pizza</p> <p>Made w/ Reduced Fat Cheese Fresh Baked Daily</p>	<p>Pepperoni Pizza</p> <p>Cheese & Garlic Flatbread</p> <p>Tossed Salad w/ Light Dressing</p>	<p>Whole Wheat Pizza Dunkers w/ Shredded Cheese & Tomato Dipping Sauce</p> <p>Sicilian Calzone</p> <p>Carrot Sticks</p>	<p>Chicken & Roma Tomato Whole Grain Pita Pizza</p> <p>Cheese Fingers Rip and Dip w/ Tomato Dipping Sauce</p> <p>Caesar Romaine Side Salad w/ Croutons</p>	<p>Aloha Pizza w/ Chicken & Ham*</p> <p>Turkey & Cheese Hot Pocket w/ Tomato Dipping Sauce</p> <p>Tossed Salad w/ Light Dressing*</p>	<p>White French Bread Toast</p> <p>Broccoli Cheese Calzone</p> <p>Tossed Salad w/ Light Dressing</p>
 <p>Peach, Spinach, Deli</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</p> <p>American and Part Skim Mozzarella Cheese</p> <p>Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots</p> <p>Fresh Homemade Green Goddess Pasta Salad</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Buffalo Chicken Salad on Whole Wheat</p>	<p>Made to Order SALAD Bar</p> <p>Special: Monterey Ranch Chicken Salad w/ Homemade Ranch Dressing & Toasted Flatbreads</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Roast Beef & Swiss on Rye w/ Golden Honey Mustard</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Santa Fe Turkey and Cheddar Wrap</p>
 <p>Outtakes</p> <p>Fresh Food Fast-Packaged for Grab N' Go</p>	<p>Garden Cheese Salad W/a Soft Pretzel Rod</p> <p>Parisian Ham & Cheese Wrap</p> <p>Italian Hero</p> <p>Confetti Coleslaw</p> <p>Orange Wedges</p>	<p>Chunky Tuna Salad Salad W/a Soft Pretzel Rod</p> <p>Buffalo Chicken Salad on a Whole Wheat Bagel</p> <p>Chicken Caesar Wrap</p> <p>Italian Hero</p> <p>Fresh Local Apples*</p> <p>Sweet Corn Salad</p>	<p>Breaded Chicken Caesar Salad Salad W/a Soft Pretzel Rod</p> <p>Monterey Ranch Chicken Salad w/ Homemade Ranch Dressing</p> <p>Turkey Club Bagel Sandwich</p> <p>Italian Hero</p> <p>Sweet Chewy Raisins</p> <p>Carrot Sticks</p>	<p>Catalina Turkey Club Salad Salad W/a Soft Pretzel Rod</p> <p>Roast Beef & Swiss on Rye w/ Golden Honey Mustard</p> <p>Ham & Cheese on a Kaiser Roll</p> <p>Italian Hero</p> <p>Chilled Pears</p> <p>Three Bean Salad</p>	<p>Deli Chef Salad Salad W/a Soft Pretzel Rod</p> <p>Santa Fe Turkey and Cheddar Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p> <p>Italian Hero</p> <p>Fresh Oranges</p> <p>Pear Raisin Salad</p>
 <p>EXTRA! EXTRA!</p> <p>Cold Fruit & Vegetable Bar Offered Daily</p> <p>Featuring fresh seasonal produce including local items as available</p>	<p>Orange Wedges</p> <p>Green Goddess Pasta Salad</p> <p>Caesar Romaine Side Salad w/ Croutons</p> <p>Chilled Mixed Fruit</p> <p>Mandarin Oranges</p>	<p>Spinach Romaine Salad w/ Strawberries</p> <p>Fresh Local Apples*</p> <p>Chick Pea Salad</p> <p>Green Goddess Pasta Salad</p> <p>Chilled Peaches</p> <p>Sweet Corn Salad</p>	<p>Caesar Salad</p> <p>Chilled Pineapples*</p> <p>Confetti Coleslaw</p> <p>Green Goddess Pasta Salad</p> <p>Carrot Sticks</p> <p>Sweet Chewy Raisins</p>	<p>Tossed Salad w/ Light Dressing*</p> <p>Green Goddess Pasta Salad</p> <p>Chilled Pears*</p> <p>Peachy Fruit Salad</p> <p>Broccoli Salad</p> <p>Three Bean Salad</p>	<p>Chilled Applesauce*</p> <p>Fresh Orange Wedges</p> <p>Green Goddess Pasta Salad</p> <p>Tossed Salad w/ Light Dressing*</p> <p>Pear Raisin Salad</p>



Menu item is made w/ whole grain



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Canal Winchester High School Lunch

Menu

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<p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>		FIESTA POTATO BOWL: Spicy Mexican Beef Whole Baked Potato Seasoned Potato Wedges Steamed Broccoli Cuts Southwest Corn & Black Bean Salad Made w/ Fresh Local Corn & Tomatoes Homemade Corn Bread Shredded Cheddar Cheese Fresh Shredded Carrot	CAJUN RICE BOWL: Top Your Own Chili Dog on a WW/Bun French Fries Coleslaw Warm Baked Apple Slices Beef & Bean Chili Shredded Cheddar Cheese Fresh Chopped Onions	AMERICAN DINER BOWL: Meat Loaf* Macaroni w/ Cheese Sauce Mashed Potatoes* Stewed Tomatoes Seasoned Mixed Veggies* Dinner Roll* Brown Gravy Green Parsley Flakes	ITALIAN PASTA BOWL: Seasoned Unbreaded Chicken Spinach Fettuccini Curly Rotini Pasta Roasted Italian Vegetables Made w/ Fresh Locally Grown Zucchini & Green Peppers Seasoned Green Beans Toasted Whole Grain Garlic Bun Garlic Cream Sauce, Red Marinara Sauce Roma Herb Seasoning Blend
		Pizza Burger on a Whole Wheat Bun* Breaded Chicken Sandwiches Veggie Burger on a Whole Wheat Bun Baked Potato* Fresh Romaine Lettuce & Tomato	Hot Sausage, Egg & Cheese on a Whole Wheat English Muffin Lean Beef Burgers w/Cheese Breaded Chicken Sandwiches Warm Baked Apple Slices Fresh Romaine Lettuce & Tomato*	Whole Grain Breaded Chicken Corn Dog Nuggets w/ Biscuit Breaded Chicken Sandwiches Cheese Steak Sandwich Mashed Potatoes Fresh Iceberg Lettuce & Tomato	Breaded Chicken Sandwich w/Cheddar Fish Sandwich on a Whole Wheat Bun Lean Beef Burgers w/Cheese Fresh Iceberg Lettuce & Tomato
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p>		Italian Calzone Whole Wheat Pizza Bagels Caesar Romaine Side Salad w/ Croutons	Chicken Brushetta Pizza Topped w/ Tomatoes* Ham & Cheese Hot Pocket w/ Tomato Dipping Sauce Marinated Tomato & Cucumber Salad Made	Pepperoni Pizza Whole Grain Red Hot Chicken Pita Pizzas Buttermilk Coleslaw	Grilled Veggie Pizza Hot Dog Twist Sweet Corn Salad
<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>		Made to Order SANDWICH Bar Special: Parisian Ham & Cheese Wrap Southwest Corn & Black Bean Wrap	Made to Order SALAD Bar Special: Buffalo Chicken Salad Wrap	Made to Order SANDWICH Bar Special: Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo	Made to Order SANDWICH Bar Special: Peanut Butter & Apple Whole Wheat Roll Ups
<p>Fresh Food Fast-Packaged for Grab N' Go</p>		Cobb Salad w/ Soft Pretzel Rod Parisian Ham & Cheese Wrap Chicken Caesar Wrap Italian Hero Carrot Sticks Chilled Peaches	Garden cheese Salad w/ Soft Pretzel Rod Turkey Club Wrap Buffalo Chicken Salad Wrap Italian Hero Marinated Tomato & Cucumber Salad Made Petite Bananas	Breaded Chicken Caesar Salad w/ Soft Pretzel Rod Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo Fruit Yogurt Parfait w/ Granola Topping Italian Hero Buttermilk Coleslaw Fresh Apples	Crispy Chicken Popper Salad w/ Soft Pretzel Rod Peanut Butter & Apple Whole Wheat Roll Ups Italian Hero Carrot Sticks Chilled Applesauce
<p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>		Caesar Romaine Side Salad w/ Croutons Southwest Corn & Black Bean Salad Fresh Local Apples Fresh Homemade Vegetable Pasta Salad Chilled Peaches*	Marinated Tomato & Cucumber Salad Tossed Salad w/ Light Dressing* Chilled Pineapples Fresh Pears* Fresh Homemade Vegetable Pasta Salad	Buttermilk Coleslaw Tossed Salad w/ Light Dressing Fruit Crisp* Chilled Mandarin Oranges Fresh Homemade Vegetable Pasta Salad	Sweet Corn Salad Crunchy Spinach & Romaine Salad Carrot Sticks Chilled Pear Raisin Salad Chilled Applesauce* Fresh Homemade Vegetable Pasta Salad

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<p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	SWEET N SOUR ASIAN RICE BOWL: Breaded Popcorn Chicken Oriental Fried Rice Steamed White Rice Fresh Carrots & Onions Steamed Broccoli Cuts Homemade Crunchy Asian Topping Sweet N Sour Sauce Fresh Chopped Green Onion	UPSIDE DOWN RANCHER'S PIE BOWL: Savory Beef w/ Vegetables* Mashed Potatoes* Warm Baked Apple Slices* Sweet Peas* Dinner Roll* Brown Gravy* Shredded Cheddar	CHICKEN PARM BOWL: Breaded Chicken Cutlet* Seasoned Pasta* Spinach Fettuccini Seasoned Mixed Veggies* Caesar Romaine Side Salad w/ Croutons Fresh Baked Breadstick Red Marinara Sauce* Shredded Part Skim Mozzarella*		
	Cheddar Onion Burger Breaded Chicken Sandwiches Parm Chicken Wrap Broccoli w/ Cheese Sauce Fresh Iceberg Lettuce & Tomato	Hot Ham & Cheese on a Whole Wheat Bagel Warm Baked Apple Slices Mashed Potatoes Fresh Iceberg Lettuce & Tomato	Cheese Sleaf Sandwich Sauteed Peppers & Onions Fresh Romaine Lettuce & Tomato		
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p>	Pepperoni Pizza Pizza w/ Onions & Peppers Tossed Salad w/ Light Dressing	Whole Wheat Pizza Dunkers w/ Shredded Cheese & Tomato Dipping Sauce Spinach Pizza Carrot Sticks	Chicken & Roma Tomato Whole Grain Pita Pizza Cheese Fingers Rip and Dip Caesar Romaine Side Salad w/ Croutons		
<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 Macaroni Salad</p>	Made to Order SANDWICH Bar Special: Chicken Caesar Wrap* w/ Homemade Macaroni Salad*	Made to Order SANDWICH Bar Special: Roast Beef Wrap w/ Golden Honey Mustard	Made to Order SALAD Bar Special: Asian Six Treasure Chicken Salad w/ Homemade Sweet N Sour Dressing & Whole Wheat Roll		
<p>Fresh Food Fast- Packaged for Grab N' Go</p>	Chunky Tuna Salad w/a Soft Pretzel Rod Chicken Caesar Wrap* w/ Homemade Macaroni Salad* Tuna Salad Wrap Italian Hero Green Bean Salad Fresh Orange	Side Salad Crispy Chicken Popper Salad w/a Soft Pretzel Rod Roast Beef Wrap w/ Golden Honey Mustard Italian Hero Carrot Sticks Chilled Pears	Side Salad Breaded Chicken Caesar Salad Turkey Club Bagel Sandwich Italian Hero Celery Sticks Chilled Pineapples		
<p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	Green Bean Salad Tossed Salad w/ Light Dressing Chilled Applesauce Fresh Orange Wedges*	Tossed Salad w/ Light Dressing Carrot Sticks Cucumber Slices Chilled Pears	Chilled Pineapples* Apple Salad Made w/ Fresh Local Apples Caesar Romaine Side Salad w/ Croutons Celery Sticks		

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