



High School Student Paid Lunch	\$2.75
Free/Reduced Price Student Lunch	\$.00
Adult Lunch OR Student Second Lunch	\$3.75
*Adult Premium Salads*	\$4.75

**Assorted Wraps**

Chicken Caesar Wrap

Buffalo Chicken Wrap

Chipotle Chicken Wrap

Turkey Wrap

Turkey & Cheese Wrap

Tuna Wrap

✓ Chipotle Cheese & Veggie Wrap

✓ Chickpea Salad Wrap

**Sandwiches available on Wraps or Rolls**

Turkey Sandwich/Turkey & Cheese

Ham Sandwich/Ham & Cheese

Tuna Sandwich

✓ Chickpea Salad Sandwich



✓ Fresh Deli Bagel Lunch – (bagel w/ low-fat cream cheese, nonfat yogurt, and cheese stick)

✓ Fresh Fruit & Granola Yogurt Parfait

**Salads**

✓ Garden Bowl:

Includes Bowl of Greens with a Choice of Chicken, Tuna, Chickpea Salad OR Cheese along with fix-ins & a Whole Wheat Dinner Roll



All student lunches include a trip to the Green Scene, where you may select from a choice of fresh and canned fruit, fresh side salads & vegetables. It's important to know that you must take a fruit or vegetable with lunch, or be charged the more expensive ala carte price.

**\*ADULT PREMIUM SALADS\*: \$4.75**

**Grilled Chicken Caesar Salad**  
**Cranberry, Apple & Chicken Salad**  
Sprinkled with blue cheese



**Our homemade Soups are Coming Soon!**

**WHAT'S IN A LUNCH?**

You must choose at least 3 of the 5 components available for the School lunch price. One of the components must be a fruit or vegetable serving. (Listed Below)

**WHAT'S A COMPONENT?**

The 5 components in a meal are:

1. Meat, Cheese or Meat Alternative (Hummus, Yogurt, Beans)
2. A serving of bread, grain, pasta, crust or rice.
3. (May take 1 or 2) ½ cup of canned or fresh fruit, ½ cup 100% juice.
4. (May take 1 or 2) ½ Cup Vegetable, 1 Cup of Salad, Baby Carrots
5. A choice of milk. We offer 1% White, Skim, Fat Free Chocolate, or Lactose Milk

✓ Vegetarian