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| High School Student Paid Lunch      | \$3.10 |
| Free/Reduced Price Student Lunch    | \$ .00 |
| Adult Lunch OR Student Second Lunch | \$4.10 |
| *Adult Premium Salads*              | \$5.00 |

**Assorted Wraps**

- Chicken Caesar Wrap
- Buffalo Chicken Wrap
- Chipotle Chicken Wrap
- Turkey Wrap
- Turkey & Cheese Wrap
- Tuna Wrap

**Sandwiches available on Kaiser Rolls**

- Turkey Sandwich/Turkey & Cheese
- Ham Sandwich/Ham & Cheese
- Tuna Sandwich
- Chickpea Salad Sandwich

- Chipotle Cheese & Veggie Wrap
- Roasted Red Pepper & Garlic Hummus Wrap



- 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, OR Cheese along with fix-ins & a Whole Wheat Dinner Roll
- \*Crispy Sesame Chicken Salad Bowl\*

**\*ADULT PREMIUM SALADS\*:** \$5.25

**Grilled Chicken Caesar Salad**  
**Cranberry, Apple & Chicken Salad**  
Served with blue cheese & balsamic vinaigrette

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



**Daily Salad Pizzas**

- Southwestern Salad Pizza-** Black Beans, Cheddar Cheese, Red Onions & Chipotle Sauce
- Roasted Red Pepper & Garlic Hummus Pizza**

**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