



Middle School Student Paid Lunch is	\$2.70
Free/Reduced Price Student Lunch	\$.00
Adult Lunch or Student Second Lunch	\$3.75
Premium Adult 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

We are happy to substitute Chickpeas for Chicken or Turkey Wraps or Salads



Salads

Garden Bowl: (Entrée Salad)

Includes Bowl of Salad Green

Choice of Protein: Chicken OR Tuna OR Chickpea Salad OR Cheese

+ tomato & cucumber & Dinner Roll



All student lunches include a trip to the Green Scene, where you make a fresh side salad, choose baby carrots, and find fresh & can fruit & juice. Child Nutrition regulations require that you take a Fruit or vegetable with lunch or be charged the more expensive ala carte price.

Assorted Made to Order Sandwiches

(On a Whole Wheat Roll or Wrap)

- Turkey Sandwich
- Turkey & Cheese Sandwich
- Tuna Sandwich
- Ham Sandwich
- Ham & Cheese Sandwich

Chickpea Salad Sandwich

QUICK PICK LUNCH

- Bagel Lunch w/ Yogurt & Cheese Stick
- Fruit & Yogurt Parfait W/ Granola

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

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

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 are:

1. 2 oz. Meat, Cheese or Meat Alternative (Chickpeas, Yogurt)
2. 2 oz. serving of bread, grain, pasta, pretzel rod, 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 Hot Vegetable, 1 Cup of Salad, Baby Carrots,
5. A choice of milk. We offer 1% White, Skim, Fat Free Chocolate, & Lactose Milk (upon request)



VEGAN VEGETARIAN