



High School Student Paid Lunch	\$2.65
Free/Reduced Price Student Lunch	\$.00
Adult Lunch or Student Second Lunch	\$3.50
*Adult Premium Salads	\$4.50

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

Salads

✓ Garden Bowl:

(Includes Bowl of Greens, Choice of Chicken, Chickpeas, Tuna, Chickpea Salad, Cheese, along with fix-ins & a Whole Wheat 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.



Our homemade soups are chock full of vegetables (Ala Carte) starting Nov. 2022

Sandwiches available on Wraps or Rolls

(On a Whole Wheat Wraps, Roll)

- Turkey Sandwich
- Turkey & Cheese Sandwich
- Tuna Sandwich
- ✓ Chickpea Salad Sandwich



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

***PREMIUM SALADS: \$4.50**

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 in a meal are:

1. Meat, Cheese or Meat Alternative (Hummus or Yogurt)
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