



Middle School Student Paid Lunch is	\$2.60
Free/Reduced Price Student Lunch	\$.00
Adult Lunch or Student Second Lunch	\$3.50
Premium Adult Salads	\$4.50

Assorted Wraps

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

- Chipotle Cheese & Veggie Wrap
- Chickpea Salad Wrap
- We are happy to substitute Chickpeas for Chicken on any of our Wraps or Salads



Assorted Made to Order Sandwiches

(On a Whole Wheat Roll or Wrap)

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

QUICK PICK LUNCH

- Bagel Bag w/ Yogurt & Cheese Sticks
- Fruit & Yogurt Parfait W/ Granola
- Fresh Deli Bagel (Ala Carte) \$ 1.65

Salads

Garden Bowl: (Entrée Salad)

Includes Bowl of Salad Greens
 Choice of: Chicken, Tuna, Chickpea Salad,
 or Cheese
 Two Toppings
 Whole Wheat Bun



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.

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 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 Vegetable, 1 Cup of Salad, Baby Carrots, Veggie Sticks
5. A choice of milk. We offer 1% White, Skim, Fat Free Chocolate, & Lactose Milk



Soup *Ala carte, starting Nov. 2022

