





A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

**Daily milk choices include skim white 11, 1% white 11, and 1% chocolate 24**

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	<b>ITALIAN PASTA BOWL:</b> Rotini Pasta <b>42</b> Cheese Tortellini <b>37</b> Shredded Part Skim Mozzarella <b>1</b> Steamed Broccoli <b>3</b> Marinara Sauce <b>2</b> Creamy Roasted Garlic Sauce <b>22</b> Breadstick <b>13</b> Roma Herb Seasoning Blend <b>1</b>	<b>SOUTHEAST ASIAN BOWL:</b> Breaded Popcorn Chicken <b>14</b> Steamed Brown Rice <b>36</b> Seasoned Carrots <b>6</b> Sesame Breadstick <b>13</b> Sweet & Sour Sauce <b>8</b> Chopped Green Onion <b>2</b>	<b>BACKYARD BBQ BOWL:</b> Barbecued Pork Ribbies <b>14</b> Scalloped Potatoes <b>23</b> Baked Beans <b>28</b> Fresh Baked Biscuit <b>24</b> Honey BBQ Sauce <b>14</b> Chopped Green Onion <b>2</b>	<b>MOM'S MASHED POTATO BOWL:</b> Breaded Popcorn Chicken <b>14</b> Mashed Potatoes <b>18</b> Seasoned Corn <b>17</b> Dinner Roll <b>15</b> Chicken Gravy <b>4</b> Green Parsley <b>0</b>	<b>SIZZLING TACO SALAD BOWL:</b> Spicy Taco Meat <b>4</b> Whole Grain Tortilla Shell Rounds <b>16</b> Rice & Beans <b>45</b> Crisp Mixed Greens <b>3</b> Warm Baked Apple Crisp <b>31</b> Cinnamon Breadstick <b>16</b> Shredded Cheddar <b>0</b> Salsa <b>2</b>
	Austin Steak Twister <b>57</b> Breaded Chicken Sandwich <b>15/27</b> Broccoli w/Cheese <b>9</b> Fresh Tomato & Lettuce <b>9</b>	Hot Dog on WW Bun <b>5/20</b> Classic Cheeseburger <b>11/27</b> Seasoned Carrots <b>6</b> Fresh Romaine Lettuce <b>2</b> & Tomato <b>7</b>	<b>Buffalo Style Chicken Sandwich 44</b> Classic Cheeseburger <b>11/27</b> <b>Sweet Potato Tots 23</b> Fresh Iceberg Lettuce & Tomato <b>9</b>	<b>Grilled Chicken Club on WW Bun 27</b> Breaded Chicken Sandwich <b>15/27</b> Mashed Potatoes <b>18</b> Fresh Iceberg Lettuce & Tomato <b>9</b>	Chicken Parmesan on WW Bun <b>42</b> Classic Cheeseburger <b>11/27</b> Roasted Potato Wedges <b>25</b> Fresh Iceberg Lettuce & Tomato <b>9</b>
 Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily	Pepperoni Pizza <b>43</b>	<b>Whole Wheat Pizza Dunkers w/ 53</b> Shredded Cheese <b>0</b> & Tomato Dipping Sauce <b>17</b>	BLT Pizza <b>44</b>	<b>White French Bread Toast 18</b>	Philly Cheese Steak Pizza <b>47</b>
 Cold Sandwiches & Salads Made Fresh Your Way  Available Daily: Tortilla Wraps, Rolls, and <b>Whole Wheat Bread</b> Turkey, Ham, Breaded Chicken American Cheese Spinach/Iceberg Lettuce, Tomato, Onions, Cucumbers, Peppers Fresh Homemade Salad or Soup	<b>Made to Order SANDWICH Bar</b>  <b>Special:</b> Turkey Club on Whole Wheat <b>40</b>	Made to Order SANDWICH Bar  <b>Special:</b> Chunky Tuna Sub <b>6/28</b>	Made to Order SALAD Bar  <b>Special:</b> Breaded Chicken Popper Salad <b>15</b>	Made to Order SANDWICH Bar  <b>Special:</b> Chicken Ranch Wrap <b>74</b>	Made to Order SANDWICH Bar  <b>Special:</b> Santa Fe Wrap <b>67</b>
 Fresh Food Fast-Packaged for Grab N' Go	Turkey Club on Whole Wheat <b>40</b> Breaded Chicken Wrap <b>74</b> Ham & Cheddar Wrap <b>40</b>	Chunky Tuna Sub <b>6/28</b> Ham & Cheese Wrap <b>40</b> Breaded Chicken Wrap <b>74</b>	Breaded Chicken Popper Salad <b>15</b> Breaded Chicken Wrap <b>74</b> Turkey & Swiss Wrap <b>62</b>	Chicken Ranch Wrap <b>74</b> Breaded Chicken Wrap <b>74</b> Turkey & Cheddar Wrap <b>62</b>	Santa Fe Wrap <b>45</b> Breaded Chicken Wrap <b>74</b> Turkey Ham & Cheese Wrap <b>59</b>
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Carrot Sticks <b>6</b> Fresh Composed Salads Fresh Apples <b>19</b>	Cucumber Slices <b>2</b> Fresh Composed Salads Chilled Peaches <b>9</b>	Red & Green Peppers <b>16</b> Fresh Composed Salads Chilled Cantaloupe <b>3</b>	Broccoli Flowerets <b>3</b> Fresh Composed Salads Orange Wedges <b>21</b>	Fresh Strawberry & Spinach Salad <b>2</b> Fresh Composed Salad Chilled Mixed Fruit <b>18</b>



Menu item is made w/ whole grain



Menu item is made w/ fresh locally grown produce (actual items will vary depending on local seasonal availability)



\*Menu item is offered with the complete daily Balanced Choices® Meal







**Ranch Dressing – 2tbsp – 2**




**Italian Dressing – Reduced Cal. – 2 tbsp. – 6**

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Daily milk choices include skim white **11**, 1% white **11**, and 1% chocolate **24**

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	ITALIAN PASTA BOWL: Saucy Italian Meatballs <b>4</b> Spaghetti <b>41</b> Seasoned Rotini <b>41</b> Roasted Zucchini <b>2</b> Marinara Sauce <b>10</b> Creamy Alfredo Sauce <b>9</b> Breadstick <b>13</b> Roma Herb Blend <b>1</b>	ASIAN BOWL: Breaded Popcorn Chicken <b>14</b> Oriental Fried Brown Rice <b>36</b> Oriental Veggies w/ Carrots <b>7</b> Sweet & Sour Sauce <b>8</b> Dinner Roll <b>15</b> Chopped Green Onion <b>2</b>	NACHO BOWL: Spicy Taco Meat <b>4</b> Cilantro Lime Brown Rice <b>42</b> Whole Grain Corn Tortilla Shell Rounds <b>36</b> Refried Beans <b>21</b> Homemade Cheese Sauce <b>7</b> Mexican Corn <b>17</b> Cinnamon Breadstick <b>16</b> Salsa <b>2</b>	MOM'S MASHED POTATO BOWL: Breaded Popcorn Chicken <b>14</b> Mashed Potatoes <b>18</b> Seasoned Green Beans <b>6</b> Biscuit <b>21</b> Homemade Chicken Gravy <b>4</b> Fresh Chopped Parsley <b>0</b>	NORTHEAST ASIAN BOWL: Korean Braised Ribbies <b>10</b> Steamed Brown Rice <b>36</b> Seasoned Peas <b>14</b> Homemade Crispy Asian Topping <b>10</b> Homemade Sesame Sauce <b>10</b> Chopped Green Onion <b>2</b>
	WW Grilled Cheese w/Tomato Soup <b>27/20</b> Breaded Chicken Sandwich <b>15/27</b> Roasted Zucchini <b>2</b> Fresh Iceberg Lettuce <b>2</b> & Tomato <b>7</b>	WG Breaded Chicken Corn Dog <b>22</b> Nuggets w/Biscuit <b>21</b> Classic Cheeseburger <b>11/27</b> Sweet Potato Tots <b>23</b> Fresh Iceberg Lettuce & Tomato <b>9</b>	Breakfast Burrito <b>29</b> Breaded Chicken Sandwich <b>15/27</b> Hash Brown <b>14</b> Fresh Romaine Lettuce & Tomato <b>9</b>	Spicy Chicken on Whole Grain Bun <b>39</b> Classic Cheeseburger <b>11/27</b> Mashed Potatoes <b>18</b> Fresh Iceberg Lettuce & Tomato <b>9</b>	Breaded Chicken Nugget <b>14</b> w/Biscuit <b>21</b> Breaded Chicken Sandwich <b>15/27</b> Seasoned Peas <b>14</b> Fresh Iceberg Lettuce & Tomato <b>9</b>
 Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily	Cheeseburger Pizza <b>29</b>	WW Pizza Bagels <b>30</b>	Hawaiian Pizza <b>48</b>	WG Mexican Pita Pizza <b>36</b>	Cajun Chicken Pizza <b>47</b>
 Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Breaded Chicken American Cheese Spinach/Iceberg Lettuce, Tomato, Onions, Cucumbers, Peppers Fresh Homemade Salad or Soup	Made to Order SANDWICH Bar Special: Spicy Chicken Wrap <b>65</b>	Made to Order SANDWICH Bar Special: Chicken Salad Wrap WW - <b>38</b> On white - <b>39</b>	Made to Order SALAD Bar Special: Turkey Club on Whole Wheat <b>40</b>	Made to Order SANDWICH Bar Special: Whole Grain Turkey Wrap w/ Herb Mayo <b>69</b>	Made to Order SANDWICH Bar Special: Grilled Chicken on Whole Grain Bun w/Lettuce & Tomato <b>37</b>
 Fresh Food Fast-Packaged for Grab N' Go	Spicy Chicken Wrap <b>65</b> Turkey Wrap <b>61</b>	Chicken Salad Wrap WW - <b>38</b> On white - <b>39</b> Breaded Chicken Wrap <b>74</b>	Turkey Club on Whole Wheat <b>40</b> Breaded Chicken Wrap <b>74</b>	Whole Grain Turkey Wrap w/Herb Mayo <b>69</b> Breaded Chicken Wrap <b>74</b>	Grilled Chicken on Whole Grain Bun w/Lettuce & Tomato <b>37</b> Breaded Chicken Wrap <b>74</b>
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Broccoli <b>3</b> Fresh Composed Salads Chilled Applesauce <b>22</b>	Cucumber Slices <b>2</b> Fresh Composed Salads Watermelon Cubes <b>21</b>	Carrot Sticks <b>6</b> Fresh Composed Salads Chilled Peaches <b>17</b>	Red & Green Peppers <b>16</b> Fresh Composed Salads Fresh Apples <b>19</b>	Celery Sticks <b>5</b> Fresh Composed Salads Orange Wedges <b>21</b>





-  Menu item is made w/ whole grain
-  Menu item is made w/ fresh locally grown produce (actual items will vary depending on local seasonal availability)
-  \*Menu item is offered with the complete daily Balanced Choices® Meal

Ranch Dressing – 2tbsp – **2**  
 Italian Dressing – Reduced Cal. – 2 tbsp. – **6**

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A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

**Daily milk choices include skim white 11, 1% white 11, and 1% chocolate 24**

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	<b>ITALIAN PASTA BOWL:</b> Cheese Tortellini <b>37</b> Italian Chick Pea <b>12</b> Marinara Sauce <b>2</b> Creamy Garlic Sauce <b>5</b> Fresh Baked Breadstick <b>13</b> Roma Herb Blend <b>1</b>	<b>SWEET &amp; SOUR ASIAN BOWL:</b> Breaded Popcorn Chicken <b>14</b> Steamed Brown Rice <b>36</b> Ginger Bok Choy <b>2</b> Sweet & Sour Sauce <b>8</b> Dinner Roll <b>15</b> Chopped Green Onion <b>2</b>	<b>BRUNCH FOR LUNCH BOWL:</b> Scrambled Eggs <b>1</b> , Sausage <b>0</b> Herb Roasted Potatoes w/Shredded Carrots <b>12</b> Pancakes <b>40</b> Warm Syrup <b>51</b> Fruit Crisp <b>31</b> Fresh Orange Wedges <b>21</b> Shredded Cheddar <b>0</b>	<b>MOM'S MASHED POTATO BOWL:</b> Breaded Popcorn Chicken <b>14</b> Mashed Potatoes <b>18</b> Fresh Glazed Carrots <b>7.6</b> Biscuit <b>21</b> Chicken Gravy <b>4</b> Chopped Parsley <b>0</b>	<b>BACK YARD BBQ:</b> Honey BBQ Chicken <b>16</b> Homemade Macaroni & Cheese <b>43</b> Baked Beans <b>28</b> Seasoned Corn <b>17</b> Cornbread <b>27</b> Chopped Green Onion <b>2</b>
	Southern BBQ Beef Ribbie Sandwich <b>37</b> Breaded Chicken Sandwich <b>15/27</b> Baked Beans <b>31</b> Fresh Iceberg Lettuce <b>2</b> & Tomato <b>7</b>	Breaded Buffalo Chicken Sandwich on Whole Grain Bun <b>41</b> Classic Cheeseburger <b>11/27</b> Sweet Potato Tots <b>23</b> Fresh Iceberg Lettuce & Tomato <b>9</b>	Jamaican Bacon Chicken Sandwich on Whole Grain Bun <b>33</b> Classic Cheeseburger <b>11/27</b> Homemade Roasted Potato Wedges <b>25</b> Fresh Romaine Lettuce & Tomato <b>9</b>	California Cheese Steak Sub <b>60</b> Breaded Chicken Sandwich <b>15/27</b> Mashed Potatoes <b>18</b> Fresh Iceberg Lettuce & Tomato <b>9</b>	Cheese & Bean Burrito <b>44</b> Breaded Chicken Sandwich <b>15/27</b> Fiesta Rice <b>28</b> Fresh Iceberg Lettuce & Tomato <b>9</b>
 Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily	Pepperoni Pizza <b>43</b> Cheese Pizza <b>38</b>	Meatball Parmesan Pizza <b>47</b>	BLT Pizza <b>45</b>	Cheese Fingers Rip and Dip w/Tomato Dipping Sauce <b>75</b>	White French Bread Toast <b>18</b>
 Cold Sandwiches & Salads Made Fresh Your Way  Available Daily: Tortilla Wraps, Rolls, and <b>Whole Wheat Bread</b> Turkey, Ham, Breaded Chicken American Cheese Spinach/Iceberg Lettuce, Tomato, Onion, <b>Cucumbers, Peppers</b> Fresh Homemade Salad or Soup	Made to Order SANDWICH Bar  Special: Turkey BLT Wrap <b>62</b>	Made to Order SANDWICH Bar  Special: Buffalo Chicken Salad Wrap <b>59</b>	Made to Order SALAD Bar  Special: Monterey Ranch Chicken Salad <b>7</b> w/ Homemade Ranch Dressing <b>7</b>	Made to Order SANDWICH Bar  Special: Spicy Chicken Wrap <b>65</b>	Made to Order SANDWICH Bar  Special: Little Italy Wrap <b>59</b>
 Fresh Food Fast- Packaged for Grab N' Go	Turkey BLT Wrap <b>62</b> Breaded Chicken Wrap <b>74</b>	Buffalo Chicken Salad Wrap <b>59</b> Breaded Chicken Wrap <b>74</b>	Breaded Chicken Wrap <b>74</b> Monterey Ranch Chicken Salad w/ Homemade Ranch Dressing <b>7</b>	Spicy Chicken Wrap <b>65</b> Breaded Chicken Wrap <b>74</b>	Little Italy Wrap <b>59</b> Breaded Chicken Wrap <b>74</b>
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Carrot Sticks <b>6</b> Fresh Composed Salads Chilled Pineapple <b>20</b>	Broccoli Flowerets <b>3</b> Fresh Composed Salads Fresh Pears <b>26</b>	Fresh Spinach <b>1</b> Fresh Composed Salads Diced Cantaloupe <b>3</b>	Broccoli Flowerets <b>3</b> Fresh Composed Salads Chilled Mixed Fruit <b>18</b>	Cauliflower <b>3</b> Fresh Composed Salads Fresh Apples <b>19</b>



Menu item is made w/ whole grain



Menu item is made w/ fresh locally grown produce (actual items will vary depending on local seasonal availability)



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**Ranch Dressing – 2tbsp – 2**






**Italian Dressing – Reduced Cal. – 2 tbsp. – 6**

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# MS Lunch Menu – Carb Count

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white **11**, 1% white **11**, and 1% chocolate **24**

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	WET BURRITO BOWL: Spicy Beef Mexican Meat <b>4</b> Refried Beans <b>21</b> Fiesta Rice <b>28</b> Mexican Corn <b>16.7</b> Flour Tortillas <b>35</b> Salsa <b>2</b> Shredded Lettuce & Spinach <b>3</b> Shredded Cheddar <b>0</b> Chopped Cilantro <b>0</b>	SWEET & SOUR ASIAN BOWL: Breaded Popcorn Chicken <b>14</b> Steamed Brown Rice <b>36</b> Steamed Broccoli <b>4</b> Sweet & Sour Sauce <b>8</b> Crunchy Asian Topping <b>10</b> Chopped Green Onion <b>2</b>	AMERICAN DINER BOWL: Meat Loaf <b>6</b> Mashed Potatoes <b>18</b> Vegetable Medley <b>7</b> Homemade Brown Gravy <b>4</b> Dinner Roll <b>15</b> Fresh Chopped Parsley <b>0</b>	MOM'S MASHED POTATO BOWL: Breaded Popcorn Chicken <b>14</b> Mashed Potatoes <b>18</b> Glazed Carrots <b>7.6</b> Homemade Chicken Gravy <b>4</b> Biscuit <b>21</b> Shredded Cheddar <b>0</b>	ITALIAN PASTA BOWL: Italian Meatballs <b>4</b> Rotini Pasta <b>41</b> Spaghetti <b>41</b> Tuscan Lentils <b>26</b> Marinara Sauce <b>2</b> Creamy Roasted Garlic Sauce <b>5</b> Breadstick <b>13</b> Roma Herb Seasoning Blend <b>1</b>
	Breaded Popcorn Chicken w/ <b>14</b> Breadstick <b>13</b> Classic Cheeseburger <b>11/27</b> Baked Sweet Potato Tots <b>23</b> Fresh Iceberg Lettuce & Tomato <b>9</b>	Meatball Sub <b>30</b> Breaded Chicken Sandwich <b>15/27</b> Broccoli w/Cheese <b>9</b> Fresh Romaine Lettuce & Tomato <b>9</b>	Chicken Cordon Bleu on Whole Grain Bun <b>42</b> Classic Cheeseburger <b>11/27</b> Mashed Potatoes <b>18</b> Fresh Romaine Lettuce & Tomato <b>9</b>	BLT Burger <b>27</b> Breaded Chicken Sandwich <b>15/27</b> Roma Herb Potato Wedges <b>25</b> Fresh Iceberg Lettuce & Tomato <b>9</b>	Sausage Pizza Wrap <b>63</b> Classic Cheeseburger <b>11/27</b> Baked Tater Tots <b>9</b> Fresh Iceberg Lettuce & Tomato <b>9</b>
 Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily	Bosco Sticks <b>27</b> w/Tomato Dipping Sauce	Whole Wheat Pizza Bagels <b>30</b>	Supreme Pizza <b>62</b>	Chicken Parmesan Pizza <b>45</b>	Chicken Tostado Flatbread <b>80</b>
 Cold Sandwiches & Salads Made Fresh Your Way  Available Daily: Tortilla Wraps, Rolls, and <b>Whole Wheat Bread</b> Turkey, Ham, Breaded Chicken American Cheese Spinach/Iceberg Lettuce, Tomato, Onions, Cucumbers, Peppers Fresh Homemade Salad or Soup	Made to Order SANDWICH Bar  Special: Turkey Club on Whole Wheat <b>40</b>	Made to Order SANDWICH Bar  Special: Ham & Cheese Wrap <b>72</b>	Made to Order SALAD Bar  Special: Mandarin Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing <b>27</b>	Made to Order SANDWICH Bar  Special: Whole Grain Turkey Wrap w/ Herb Mayo <b>68</b>	Made to Order SANDWICH Bar  Special: Grilled Chicken Club <b>27</b> Macaroni Salad <b>25</b>
 Fresh Food Fast-Packaged for Grab N' Go	Turkey Club on WW <b>40</b> Breaded Chicken Wrap <b>74</b>	Parisian Ham & Cheese Wrap <b>72</b> Breaded Chicken Wrap <b>74</b>	Mandarin Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing <b>27</b> Breaded Chicken Wrap <b>74</b>	Whole Grain Turkey Wrap w/ Herb Mayo <b>68</b> Breaded Chicken Wrap <b>74</b>	Grilled Chicken Club <b>27</b> Macaroni Salad <b>25</b> Breaded Chicken Wrap <b>74</b>
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Fresh Spinach <b>1</b> Fresh Composed Salads Chilled Applesauce <b>22</b>	Fresh Baby Carrots <b>6</b> Fresh Composed Salads Chilled Pears <b>26</b>	Fresh Broccoli Flowerets <b>3</b> Fresh Composed Salads Mandarin Oranges <b>20</b>	Sliced Cucumbers <b>2</b> Fresh Composed Salads Fresh Apples <b>19</b>	Red & Green Peppers <b>9</b> Fresh Composed Salads Watermelon Cubes <b>21</b>



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Ranch Dressing – 2tbsp – **2**


Italian Dressing – Reduced Cal. – 2 tbsp. – **6**

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 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	<b>TEX-MEX BOWL:</b> Taco Meat <b>4</b> Baja Beans <b>45</b> Cilantro Lime Brown Rice <b>42</b> Shredded Cheddar <b>0</b> Flour Tortilla <b>35</b> Corn Tortilla Shell <b>26</b> Mixed Greens <b>3</b> Salsa <b>2</b> Chopped Cilantro <b>0</b> Chopped Green Onion <b>2</b>	<b>SWEET &amp; SOUR BOWL:</b> Breaded Popcorn Chicken <b>14</b> Steamed Brown Rice <b>36</b> Steamed Pineapple & Carrots <b>13</b> Homemade Crunchy Asian Topping <b>10</b> Sweet & Sour Sauce <b>8</b> Chopped Green Onion <b>2</b>	<b>SUNDAY DINNER BOWL:</b> Turkey <b>17</b> Sautéed Mushrooms & Onions <b>2/15</b> Seasoned Pasta <b>41</b> Sweet Peas <b>14</b> Turkey Gravy <b>4</b> Dinner Roll <b>15</b> Fresh Chopped Parsley* <b>0</b>	<b>MOM'S MASHED POTATO BOWL:</b> Breaded Popcorn Chicken <b>14</b> Mashed Potatoes <b>18</b> Seasoned Corn <b>17</b> Homemade Chicken Gravy <b>4</b> Biscuit <b>21</b> Shredded Cheddar <b>0</b>	<b>CHICKEN PARMESAN BOWL:</b> Breaded Chicken Cutlet <b>15</b> Seasoned Spaghetti <b>41</b> Curly Rotini <b>41</b> Herb Broccoli & Cauliflower <b>6</b> Marinara Sauce <b>2</b> Fresh Baked Breadstick <b>13</b> Shredded Part Skim Mozzarella <b>1</b> Roma Herb Blend <b>1</b>
	Cheddar Onion Burger <b>28</b> Breaded Chicken Sandwich <b>15/27</b> Roasted Sweet Potato Fries <b>16</b> Fresh Iceberg Lettuce & Tomato <b>9</b>	<b>Mexican Breakfast Wrap 60</b> Classic Cheeseburger <b>11/27</b> Seasoned Brown Rice <b>36</b> Fresh Iceberg Lettuce & Tomato <b>9</b>	Chicken Enchiladas <b>42</b> Breaded Chicken Sandwich <b>15/27</b> Sweet Potato Tots <b>23</b> Fresh Romaine Lettuce & Tomato <b>9</b>	Breaded Chicken Nuggets <b>14 w/ Biscuit 21</b> Classic Cheeseburger <b>11/27</b> Mashed Potatoes <b>18</b> Fresh Iceberg Lettuce & Tomato <b>9</b>	Acapulco Burrito w/Pork & Cheddar <b>60</b> Breaded Chicken Sandwich <b>15/27</b> Baked French Fries <b>22</b> Fresh Iceberg Lettuce & Tomato <b>9</b>
 Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily	Pepperoni Pizza <b>43</b>	Italian Chicken Hot Croissant <b>45</b>	Meatball Pizza <b>46</b>	South of the Border Chicken Pizza <b>Est. 45</b>	BBQ Cheeseburger Pizza (cheeseburger flatbread – 30)
 Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, American Cheese Spinach/Iceberg Lettuce, Tomato, Onions, Cucumbers, Peppers Fresh Homemade Salad or Soup	Made to Order SANDWICH Bar Special: Chicken Caesar Wrap <b>WW – 40</b> White - <b>39</b> w/ Homemade Macaroni Salad* <b>25</b>	Made to Order SANDWICH Bar Special: Turkey Club on Whole Wheat <b>40</b>	Made to Order SALAD Bar Special: Beef Taco Salad <b>11</b>	Made to Order SANDWICH Bar Special: Little Italy Wrap <b>59</b>	Made to Order SANDWICH Bar Special: Turkey Club Wrap <b>61</b>
 Fresh Food Fast-Packaged for Grab N' Go	Chicken Caesar Wrap <b>WW – 40</b> White - <b>39</b> w/ Homemade Macaroni Salad* <b>25</b> Breaded Chicken Wrap <b>74</b>	Turkey Club on Whole Wheat <b>40</b> Ham & Cheese Wrap <b>40</b>	Beef Taco Salad <b>11</b> Turkey & Ham Sub <b>40</b>	Little Italy Wrap <b>59</b> Breaded Chicken Wrap <b>74</b>	Turkey Club Wrap <b>61</b> Ham & Cheese Sub <b>40</b>
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Carrot Sticks <b>6</b> Fresh Composed Salads Chilled Pears <b>26</b>	Fresh Spinach <b>1</b> Fresh Composed Salads Orange Wedges <b>21</b>	Broccoli <b>3</b> Fresh Composed Salads Chilled Peaches <b>17</b>	Celery Sticks <b>5</b> Fresh Composed Salads Diced Cantaloupe <b>3</b>	Red & Green Peppers <b>16</b> Fresh Composed Salads Chilled Pineapple <b>20</b>

-  Menu item is made w/ whole grain
-  Menu item is made w/ fresh locally grown produce (actual items will vary depending on local seasonal availability)
-  \*Menu item is offered with the complete daily Balanced Choices® Meal

**Ranch Dressing – 2tbsp – 2**  
**Italian Dressing – Reduced Cal. – 2 tbsp. – 6**

**Disclaimer:** Nutrient values have been determined utilizing approved software comprised of common foods found in the USDA database and standardized recipes. These results should be viewed and used only as a general nutrition guide – and not for medical nutrition therapy. This is a close approximation of the true nutrient content since various factors influence the amounts of nutrients in foods. The reliability of data may fluctuate with changes in portion size, product specifications, substitutions, recipe compliance and manufacture’s ingredients.