

# Holton High School

## January 30<sup>th</sup> – February 3<sup>rd</sup> 2012

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

Daily milk choices include skim white and 1% chocolate

| Station  | Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|--|--|---|--|---|---|
|  <p>Favorite Comfort Foods &amp; International Flavors Served Your Way in a Portable Bowl</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>   | <p><b>SWEET N SOUR CHICKEN BOWL:</b></p> <p>Popcorn Chicken</p> <p>Oriental Fried Rice</p> <p>Steamed Brown Rice</p> <p>Roasted Red and Green Bell Peppers</p> <p>Stir Fry Vegetables</p> <p>Crunchy Asian Topping</p> <p>Whole Grain Dinner Roll</p> <p>Sweet N Sour Sauce</p> <p>Fresh Chopped Green Onion</p> | <p><b>ITALIAN PASTA BOWL:</b></p> <p>Bow Tie Pasta</p> <p>Whole Grain Penne</p> <p>Shredded Part Skim Mozzarella</p> <p>Steamed Broccoli</p> <p>Whole Wheat Toasted Garlic Bun</p> <p>Red Marinara Sauce with Meatballs</p> <p>Creamy Roasted Garlic Sauce</p> <p>Roma Herb Seasoning Blend</p> | <p><b>LATIN AMERICAN ROAST PORK BOWL:</b></p> <p>Puerto Rican Citrus Pork</p> <p>Rice &amp; Beans</p> <p>Mashed Sweet Potatoes</p> <p>Tossed Salad w/ Light Dressing</p> <p>Seasoned Green Beans</p> <p>Spicy Lime Whole Wheat Tortilla Chips</p> <p>Salsa</p> <p>Orange Slice</p> | <p><b>ORANGE GINGER CHICKEN BOWL:</b></p> <p>Popcorn Chicken</p> <p>Steamed Brown Rice</p> <p>Fried Rice</p> <p>Fresh Steamed Broccoli</p> <p>Fresh Stir Fry Vegetables</p> <p>Sesame Breadstick</p> <p>Homemade Orange Ginger Sauce</p> <p>Sweet &amp; Sour Sauce</p> <p>Chopped Green Onion</p> | <p><b>CHICKEN PARM BOWL:</b></p> <p>Breaded Chicken</p> <p>Seasoned Pasta</p> <p>Whole Wheat Spaghetti</p> <p>Seasoned Mixed Veggies</p> <p>Roasted Italian Butternut Squash</p> <p>Fresh Baked Breadstick</p> <p>Red Marinara Sauce</p> <p>Shredded Part Skim Mozzarella</p> |
|  <p>Lean Beef Burgers w/Cheese &amp; Breaded Chicken Sandwiches Available Daily</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>   | <p>Buffalo Chicken Slyders</p> <p>Roma Herb Potato Wedges</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>  | <p>Jalapeno Turkey Burger on a Whole Wheat Bun</p> <p>Steamed Broccoli</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>  | <p>Breaded Chicken Tenders w/ Biscuit</p> <p>Green Beans</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>   | <p>Salsa Chicken Wrap</p> <p>Fresh Broccoli w/ Shredded Cheese</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>  | <p>Cheese Steak Sandwich</p> <p>Roma Herb Potato Wedges</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>   |
|  <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>   | <p>Pizza w/ Roasted Italian Vegetables</p>   | <p>Cheeseburger Flatbread</p>   | <p>Italian Stromboli w/ Tomato Dipping Sauce</p>   | <p>Whole Wheat Pizza Dunkers w/ Shredded Cheese &amp; Tomato Dipping Sauce</p>  | <p>Cheese Fingers Rip and Dip</p>   |
|  <p>Cold Sandwiches &amp; Salads Made Fresh Your Way</p> <p>Available Daily:<br/>Tortilla Wraps, Rolls, and Whole Wheat Bread<br/>Turkey, Ham, Tuna Salad, Chilled Breaded Chicken<br/>American and Part Skim Mozzarella Cheese<br/>Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers &amp; Fresh Carrots<br/>Fresh Homemade Vegetable Pasta Salad</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p> | <p>Made to Order SANDWICH Bar</p> <p>Special:<br/>Chicken Caesar Wrap</p>  | <p>Made to Order SANDWICH Bar</p> <p>Special:<br/>Santa Fe Turkey and Cheddar Wrap</p>  | <p>Made to Order SANDWICH Bar</p> <p>Special:<br/>Classic Chicken Salad on Whole Wheat</p>   | <p>Made to Order SANDWICH Bar</p> <p>Special:<br/>Roast Beef Wrap with Honey Mustard</p>  | <p>Made to Order SALAD Bar</p> <p>Special:<br/>Ham and Cheese Wrap</p>  |
|  <p>Fresh Food Fast-Packaged for Grab N' Go</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>   | <p>Garden Cheese Salad</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>  | <p>Chunky Tuna Salad</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>   | <p>Catalina Turkey Club Salad</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>   | <p>Crispy Chicken Popper Salad</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>   | <p>Breaded Chicken Caesar Salad</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>  |
|  <p>Cold Fruit &amp; Vegetable Bar Offered Daily</p> <p>Featuring fresh seasonal produce including local items as available</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>   | <p>Fruit Goop</p> <p>Crunchy Spinach Salad</p> <p>Chilled Pears</p> <p>Fresh Orange Wedges</p>   | <p>Carrot Sticks</p> <p>Fresh Broccoli</p> <p>Fruit Goop</p> <p>Chilled Mixed Fruit</p>   | <p>Tossed Salad w/ Light Dressing</p> <p>Petite Bananas</p> <p>Chilled Applesauce</p> <p>Carrot Sticks</p>   | <p>Caesar Romaine Side Salad w/Croutons</p> <p>Chilled Pineapple</p> <p>Veggie Crudites Cup</p> <p>Fruit Goop</p>   | <p>Fresh Apple</p> <p>Apple Salad Made w/ Fresh Local Apples</p> <p>Caesar Romaine Side Salad w/ Croutons</p> <p>Celery Sticks</p>  |

# Holton High School

## February 6<sup>th</sup> – 10<sup>th</sup> 2012

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

Daily milk choices include skim white and 1% chocolate

| Station  | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|--|--|--|---|---|--|
| <p>Favorite Comfort Foods &amp; International Flavors Served Your Way in a Portable Bowl</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>   | <p>ITALIAN PASTA BOWL:</p> <p>Bow Tie Pasta<br/>Whole Grain Rotini</p> <p>Shredded Part Skim Mozzarella</p> <p>Steamed Broccoli<br/>Butternut Squash</p> <p>Whole Wheat Toasted Garlic Bun</p> <p>Red Marinara Sauce with Meatballs<br/>Creamy Roasted Garlic Sauce</p> <p>Roma Herb Seasoning Blend</p> | <p>SIZZLING TACO SALAD BOWL:</p> <p>Spicy Taco Meat</p> <p>Whole Grain Tortilla Shell Rounds</p> <p>Mexican Corn</p> <p>Warm Baked Apple Slices</p> <p>Cinnamon Breadstick</p> <p>Cheese Sauce</p> <p>Fresh Roasted Tomato Salsa</p> | <p>BACKYARD BBQ BOWL:</p> <p>Fresh Roasted Southern Style BBQ Pork</p> <p>Cheesy Macaroni</p> <p>Cinnamony Sweet Potatoes<br/>Seasoned Green Beans</p> <p>Fresh Baked Biscuit</p> <p>Honey BBQ Sauce</p> <p>Chopped Green Onion</p> | <p>SAUCY CHICKEN BOWL:</p> <p>Pineapple Glazed Chicken</p> <p>Mashed Potatoes<br/>Bread Stuffing Made w/ Whole Wheat</p> <p>Seasoned Mixed Veggies</p> <p>Whole Grain Dinner Roll</p> <p>Chicken Gravy</p> <p>Green Parsley</p> | <p>ORANGE GINGER CHICKEN BOWL:</p> <p>Popcorn Chicken</p> <p>Steamed Brown Rice<br/>Oriental Fried Brown Rice</p> <p>Seasoned Carrots<br/>Fresh Stir Fry Veggies</p> <p>Sesame Breadstick</p> <p>Homemade Orange Ginger Sauce</p> <p>Chopped Green Onion</p> |
| <p>Lean Beef Burgers w/Cheese &amp; Breaded Chicken Sandwiches Available Daily</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>   | <p>Buffalo Chicken Sandwich</p> <p>Roma Herb Potato Wedges</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>   | <p>Hot Ham &amp; Cheese Sandwich</p> <p>Broccoli w/ Shredded Cheddar Cheese</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>  | <p>Turkey &amp; Cheese Bagel Melt</p> <p>Cinnamony Sweet Potatoes</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>   | <p>Fish Sandwich with Cheese on a Whole Wheat Bun (Sustainable Seafood)</p> <p>Mixed Vegetables</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>   | <p>Chicken Parm Wrap</p> <p>Warm Baked Apple Slices</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>  |
| <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>   | <p>Margarita Flatbread</p>   | <p>Whole Wheat Pizza Dunkers w/ Shredded Cheese &amp; Tomato Dipping Sauce</p>   | <p>Veggie Lover's Pizza on Whole Grain Crust</p>  | <p>Pita Pizza</p>   | <p>Philly Cheese Steak Pizza on Whole Grain Crust</p>  |
| <p>Cold Sandwiches &amp; Salads Made Fresh Your Way</p> <p>Available Daily:<br/>Tortilla Wraps, Rolls, and Whole Wheat Bread<br/>Turkey, Ham, Tuna Salad, Chilled Breaded Chicken<br/>American and Part Skim Mozzarella Cheese<br/>Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers &amp; Fresh Carrots<br/>Fresh Homemade Vegetable Pasta Salad</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p> | <p>Made to Order SANDWICH Bar</p> <p>Special:<br/>Turkey Club on Whole Wheat</p>   | <p>Made to Order SANDWICH Bar</p> <p>Special:<br/>Neapolitan Hero &amp; Vegetable Pasta Salad</p>  | <p>Made to Order SALAD Bar</p> <p>Special:<br/>Egg Salad on a Kaiser</p>  | <p>Made to Order SANDWICH Bar</p> <p>Special:<br/>Peanut Butter &amp; Apple Whole Wheat Roll Ups</p>  | <p>Made to Order SANDWICH Bar</p> <p>Special:<br/>Turkey &amp; Swiss On Whole Wheat</p>  |
| <p>Fresh Food Fast-Packaged for Grab N' Go</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>   | <p>Garden Cheese Salad</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>  | <p>Oriental Chicken Salad w/ Crunchy Asian Topping</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>  | <p>Breaded Chicken Caesar Salad</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>  | <p>Catalina Turkey Club Salad</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>  | <p>Deli Chef Salad</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>  |
| <p>Cold Fruit &amp; Vegetable Bar Offered Daily</p> <p>Featuring fresh seasonal produce including local items as available</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>   | <p>Tossed Salad w/ Light Dressing</p> <p>Petite Bananas</p> <p>Chilled Mixed Fruit</p> <p>Carrot Sticks</p>  | <p>Carrot Sticks</p> <p>Tossed Salad in Light Dressing</p> <p>Fresh Pears</p>  | <p>Caesar Romaine Side Salad w/ Croutons</p> <p>Fresh Local Apples</p> <p>Chilled Peaches</p>   | <p>Tossed Salad w/ Light Dressing</p> <p>Petite Bananas</p> <p>Chilled Mixed Fruit</p>  | <p>Carrot Sticks</p> <p>Spinach Romaine Salad w/Strawberries</p> <p>Cinnamon Applesauce</p>  |

# Holton High School

## February 13<sup>th</sup> – 17<sup>th</sup> 2012

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

Daily milk choices include skim and 1% chocolate

| Station   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|---|---|---|--|--|---|
|  <p>Favorite Comfort Foods &amp; International Flavors Served Your Way in a Portable Bowl</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>  | <p><b>MASHED POTATO BOWL:</b></p> <p>Breaded Popcorn Chicken</p> <p>Mashed Potatoes<br/>Seasoned Corn<br/>Roasted Carrot Fries</p> <p>WG Bread Stick</p> <p>Homemade Chicken Gravy</p> <p>Fresh Shredded Carrot</p> | <p><b>NORTHEAST ASIAN RICE BOWL:</b></p> <p>Korean Braised Ribbie</p> <p>Oriental Fried Rice<br/>Steamed Brown Rice</p> <p>Fresh Carrots &amp; Onions<br/>Sweet Potato Fries</p> <p>Crunchy Asian Topping</p> <p>Garlic Sesame Sauce</p> <p>Fresh Chopped Green Onion</p> | <p><b>NACHO BOWL:</b></p> <p>Spicy Turkey Taco Meat</p> <p>Cilantro Lime Brown Rice<br/>Whole Grain Corn Tortilla Shell Rounds</p> <p>Corn &amp; Black Bean Salad<br/>Fresh Homemade Salsa</p> <p>Cinnamon Breadstick</p> <p>Homemade Cheese Sauce</p> | <p><b>AMERICAN DINER BOWL:</b></p> <p>Roast Turkey w/ Gravy</p> <p>Bread Stuffing Made w/ Whole Wheat</p> <p>Mashed Potatoes<br/>Seasoned Corn</p> <p>Whole Grain Dinner Roll</p> <p>Turkey Gravy</p> <p>Cranberry Sauce</p> | <p><b>ITALIAN PASTA BOWL:</b></p> <p>Saucy Italian Meatballs</p> <p>Whole Wheat Spaghetti<br/>Curly Rotini Pasta</p> <p>Fresh Steamed Veggie Medley<br/>Broccoli Salad</p> <p>Toasted Whole Grain Garlic Bun</p> <p>Red Marinara Sauce</p> <p>Roma Herb Seasoning Blend</p> |
|  <p>Lean Beef Burgers w/ Cheese &amp; Breaded Chicken Sandwiches Available Daily</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>   | <p>Hot Chili Burger w/ Monterey Jack</p> <p>Broccoli w/ Shredded Cheese</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>   | <p>Whole Grain Breaded Chicken Corn Dog Nuggets w/ Biscuit</p> <p>Sweet Potato Fries</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>  | <p>Pizza Burger on a Whole Wheat Bun</p> <p>Baked Potato</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>   | <p>Country Skillet Breakfast Wrap</p> <p>Green Beans</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>   | <p>Thanksgiving Turkey Wrap</p> <p>Cheese Quesadilla with Yogurt Salsa</p> <p>Steamed Veggie Medley</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>   |
|  <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>  | <p>Pepperoni Pizza on Whole Grain Crust</p> <p>Red Hot Chicken Pizza</p>  | <p>Chicken Tostado Flatbread</p> <p>Whole Wheat Pizza Bagels</p>  | <p>Hawaiian Pizza on Whole Grain Crust</p> <p>Cheese Finger Rip &amp; Dips w/ Tomato Dipping Sauce</p>   | <p>Pepperoni Pizza on Whole Grain Crust</p> <p>Hot Taco Pocket</p>   | <p>Ham &amp; cheese Stromboli</p> <p>Whole Grain Mexican Pita Pizzas</p>  |
|  <p>Cold Sandwiches &amp; Salads Made Fresh Your Way</p> <p>Available Daily:<br/>Tortilla Wraps, Rolls, and Whole Wheat Bread<br/>Turkey, Ham, Tuna Salad, Chilled Breaded Chicken<br/>American and Part Skim Mozzarella Cheese<br/>Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers &amp; Fresh Carrots<br/>Fresh Homemade Macaroni Salad</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p> | <p>Made to Order SANDWICH Bar</p> <p>Special:<br/>Chicken Caesar Wrap</p>   | <p>Made to Order SANDWICH Bar</p> <p>Special:<br/>Parisian Ham &amp; Cheese Wrap</p>  | <p>Made to Order SALAD Bar</p> <p>Special:<br/>Popcorn Chicken Salad</p>   | <p>Made to Order SANDWICH Bar</p> <p>Special:<br/>Roast Beef and Swiss Bagel</p>   | <p>Made to Order SANDWICH Bar</p> <p>Special:<br/>Santa Fe Turkey &amp; Cheddar Wrap</p>  |
|  <p>Fresh Food Fast-Packaged for Grab N' Go</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>  | <p>Deli Chef Salad</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>   | <p>Cobb Salad</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>  | <p>Popcorn Chicken Salad</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>  | <p>Chicken Caesar Salad</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>   | <p>Garden Cheese Salad</p> <p>Santa Fe Turkey &amp; Cheddar Wrap</p> <p>Honey Mustard Chicken Pasta Salad</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p> <p>Carrot Sticks</p> <p>Cinnamon Applesauce</p>  |
|  <p>Cold Fruit &amp; Vegetable Bar Offered Daily</p> <p>Featuring fresh seasonal produce including local items as available</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>  | <p>Sweet Corn Salad</p> <p>Romaine Tossed Salad</p> <p>Chilled Mixed Fruit</p> <p>Fresh Orange Wedges</p>   | <p>Celery Sticks</p> <p>Carrot Sticks</p> <p>Sweet Chewy Raisins</p> <p>Fresh Pears</p>   | <p>Sweet Corn Salad</p> <p>Caesar Romaine Side Salad w/ Croutons</p> <p>Fresh Local Apples</p> <p>Chilled Peaches</p>  | <p>Tossed Salad w/ Light Dressing</p> <p>Corn &amp; Black Bean Salad</p> <p>Pelitte Bananas</p> <p>Chilled Mixed Fruit</p>   | <p>Sweet Corn Salad</p> <p>Carrot Sticks</p> <p>Tossed Salad w/ Light Dressing</p> <p>Cinnamon Applesauce</p>   |

# Holton High School

## February 20<sup>th</sup> – 24<sup>th</sup>

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

Daily milk choices include skim and 1% chocolate

| Station  | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|----------|--|--|--|--|
| <p>Favorite Comfort Foods &amp; International Flavors Served Your Way in a Portable Bowl</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>   | No Lunch | <b>MEDITERRANEAN BOWL:</b><br>Tarragon Marinated Chicken<br><br>Potato Wedges<br>Roasted Italian Vegetables<br>Warm Whole Wheat Pita Bread<br>Fruit Crisp<br>Chopped Green Onion | <b>FAJITA BOWL:</b><br>Fajita Chicken<br>Cilantro Lime Chips<br>Refried Beans<br>Roasted Bell Pepper & Onion<br>Roasted Tomato Salsa<br>Whole Grain Tortilla<br>Cheese Sauce | <b>MOM'S MASHED POTATO BOWL:</b><br>Herb Roasted Chicken<br>Mashed Potatoes<br>Fresh Glazed Carrots<br>Sweet Peas<br>Whole Wheat Toasted Garlic Bun<br>Homemade Chicken Gravy<br>Fresh Parsley | <b>BRUNCH FOR LUNCH BOWL:</b><br>Scrambled Eggs, Crumbled Sausage<br>Herb Roasted Potatoes<br>Fresh Orange Wedges<br>Warm Baked Apple Slices<br>Whole Wheat Pancake Warm Syrup<br>Shredded Cheddar |
| <p>Lean Beef Burgers w/Cheese &amp; Breaded Chicken Sandwiches Available Daily</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>   |          | Philly Cheese Steak on a Roll<br><br>Fruit Crisp<br>Fresh Romaine Lettuce & Tomato   | Alpine Swiss Burger on WG Bun<br><br>Roma Herb Potato Wedges<br>Fresh Romaine Lettuce & Tomato   | Breaded Popcorn Chicken w/ Toasted Garlic Bun<br><br>Sweet Peas<br>Fresh Romaine & Tomato  | Meatball Parmesan Pizza Wrap<br>Warm Baked Apple Slices<br>Fresh Romaine Lettuce & Tomato  |
| <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>   |          | Whole Wheat Pizza Dunkers w/ Shredded Cheese & Tomato Dipping Sauce  | Chicken & Roma Tomato Whole Grain Pita Pizza   | Turkey & Cheese Hot Pocket w/ Tomato Dipping Sauce   | Ham and Pineapple Pizza on Whole Grain Crust   |
| <p>Cold Sandwiches &amp; Salads Made Fresh Your Way</p> <p>Available Daily:<br/>           Tortilla Wraps, Rolls, and Whole Wheat Bread<br/>           Turkey, Ham, Tuna Salad, Chilled Breaded Chicken<br/>           American and Part Skim Mozzarella Cheese<br/>           Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers &amp; Fresh Carrots<br/>           Fresh Homemade Macaroni Salad</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p> |          | Made to Order SANDWICH Bar<br><br>Special:<br>Chicken Salad on Whole Wheat   | Made to Order SALAD Bar<br><br>Special:<br>Egg Salad Sandwich  | Made to Order SANDWICH Bar<br><br>Special:<br>Roast Beef & Swiss on WG Sub Bun   | Made to Order SANDWICH Bar<br><br>Special:<br>Santa Fe Turkey and Cheddar Wrap   |
| <p>Fresh Food Fast-Packaged for Grab N' Go</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>   |          | Wild Greens Antipasto Salad<br>Fruit Yogurt Parfait w/ Granola Topping   | Breaded Chicken Caesar Salad w/ Croutons<br><br>Fruit Yogurt Parfait w/ Granola Topping  | Catalina Turkey Club Salad w/ Crackers<br><br>Fruit Yogurt Parfait w/ Granola Topping  | Chunky Tuna Salad<br><br>Fruit Yogurt Parfait w/ Granola Topping   |
| <p>Cold Fruit &amp; Vegetable Bar Offered Daily</p> <p>Featuring fresh seasonal produce including local items as available</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>   |          | Fresh Local Apples<br>Crunchy Spinach Salad<br>Chilled Peaches<br>Fruit Crisp  | Chilled Pineapples<br>Green Goddess Pasta Salad<br>Carrot Sticks<br>Sweet Chewy Raisins  | Caesar Romaine Salad w/Croutons<br>Chilled Pears<br>Macaroni Salad<br>Fresh Celery   | Chilled Cinnamon Applesauce<br>Fresh Orange Wedges<br>Tossed Salad w/ Light Dressing<br>Pear Raisin Salad  |