

# Week 4 Date: High School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Entrees: Choose 1 or 2</b>	<b>Entrees: Choose 1 or 2</b>	<b>Entrees: Choose 1 or 2</b>	<b>Entrees: Choose 1 or 2</b>	<b>Entrees: Choose 1 or 2</b>
**Chicken Teriyaki/Rice	**Chicken Taco/Rice or Tortilla	**Cuban Rice Bowl - Roast Pork	**Thai Chili Chicken/Rice or LoMein	**Chili Bowl /Cilantro Lemon Rice
BBQ Beef Rib/Bun	Mexican Pizza	Jamaican Beef Patty		Calzonette
<b>Daily:</b>	<b>Daily:</b>	<b>Daily:</b>	<b>Daily:</b>	<b>Daily:</b>
Vegan Bowl (Rice & Beans)	Vegan Bowl (Rice & Beans)	Vegan Bowl (Rice & Beans)	Vegan Bowl (Rice & Beans)	Vegan Bowl (Rice & Beans)
<b>Wraps / Subs: Choose 2 or 3</b>	<b>Wraps / Subs: Choose 2 or 3</b>	<b>Wraps / Subs: Choose 2 or 3</b>	<b>Wraps / Subs: Choose 2 or 3</b>	<b>Wraps / Subs: Choose 2 or 3</b>
Cuban Sandwich- Flatbread	**Crunchy Hawaiian Chicken Wrap	Crispy Chicken / Buffalo	Hot Italian Sub	Turkey Ham/Cheese
Crispy Chicken / Buffalo	Turkey Ham/Cheese	Turkey Ham/Cheese	Turkey Ham/Cheese	Turkey/Cheese
Turkey Ham/Cheese	Turkey/Cheese	Turkey/Cheese	Turkey/Cheese	Combo
Turkey/Cheese	Combo	Combo	Combo	Tuna
Combo	Tuna	Tuna	Tuna	
Tuna		***Roasted Vegetable Hummus Wrap		
<b>Salads: Crackers or Rolls</b>	<b>Salads: Crackers or Rolls</b>	<b>Salads: Crackers or Rolls</b>	<b>Salads: Crackers or Rolls</b>	<b>Salads: Crackers or Rolls</b>
1 vegan + 2 additional choices	1 vegan + 2 additional choices	1 vegan / 1 vegetarian + 1 choice	1 vegan + 2 additional choices	1 vegan / 1 vegetarian + 1 choice
Kale Asian Salad		Kale Asian Salad		
<b>Grill: Choose 1 or 2</b>	<b>Grill: Choose 1 or 2</b>	<b>Grill: Choose 1 or 2</b>	<b>Grill: Choose 1 or 2</b>	<b>Grill: Choose 1 or 2</b>
Chicken Patty / Chicken Slider	Hamburger/Cheeseburger	Chicken Patty / Chicken Slider	Hamburger/Cheeseburger	Chicken Patty / Chicken Slider
Chicken Tenders / <b>Rolls (2)</b>	Chicken Tenders / <b>Rolls (2)</b>		Chicken Tenders / <b>Rolls (2)</b>	
<b>Pizza:</b>	<b>Pizza:</b>	<b>Pizza:</b>	<b>Pizza:</b>	<b>Pizza:</b>
Pepperoni / Cheese pizza	Pepperoni / Cheese pizza	Pepperoni / Cheese pizza	Pepperoni / Cheese pizza	Pepperoni / Cheese pizza
Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza
<b>Fruits:</b>	<b>Fruits:</b>	<b>Fruits:</b>	<b>Fruits:</b>	<b>Fruits:</b>
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Pineapples	Mixed Fruits	Apple Sauce	Frozen peaches / canned	Pears
Juice	Juice	Juice	Juice	Juice
<b>Vegetables:</b>	<b>Vegetables:</b>	<b>Vegetables:</b>	<b>Vegetables:</b>	<b>Vegetables:</b>
Peas and Carrots	Zucchini/Squash Medley *	Sweet Plantains	Steamed Broccoli *	Mashed Potato
Cucumber w Carrots/Dressing*	Sweet Potato Wedges * <b>or</b>	Latin Style Black Beans *	Sweet Potato Wedges * <b>or</b>	Fresh Corn Cobbettes/Corn *
Potato Wedge	Sweet Potato Waffle*	Potato Seasoned <b>or</b> Potato Smiles	Sweet Potato Waffle*	Italian Vegetables
Romaine Lettuce/Tomato	Romaine Lettuce/Tomato	Romaine Lettuce/Tomato	Romaine Lettuce/Tomato	Crazy Grape Tomato /Dressing *
<b>Cold Line:</b>	<b>Cold Line:</b>	<b>Cold Line:</b>	<b>Cold Line:</b>	<b>Cold Line:</b>
Cucumber w Carrots/Dressing*	Zucchini & Yellow Squash Salad*	Black Beans*	Broccoli* / Baby Carrots*	Grape Tomatoes*
	Baby Carrots*			