

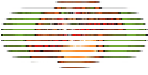




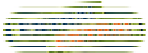
A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, and skim chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Favorite Comfort Foods &amp; International Flavors Served Your Way in a Portable Bowl</p>			<p><b>BACKYARD BBQ BOWL:</b></p> <p>Fresh Roasted Southern Style BBQ Pork</p> <p>Cheesy Macaroni</p> <p>Cinnamony Sweet Potatoes</p> <p>Seasoned Green Beans</p> <p>Fresh Baked Biscuit</p> <p>Honey BBQ Sauce</p> <p>Chopped Green Onion</p>	<p><b>SAUCY CHICKEN BOWL:</b></p> <p>Pineapple Glazed Chicken</p> <p>Mashed Potatoes</p> <p>Bread Stuffing Made w/ Whole Wheat</p> <p>Seasoned Mixed Veggies</p> <p>Whole Grain Dinner Roll</p> <p>Pineapple Glaze</p> <p>Honey BBQ Sauce</p> <p>Green Parsley</p>	<p><b>SIZZLING TACO BOWL:</b></p> <p>Spicy Taco Meat</p> <p>Whole Grain Tortilla Shell Rounds</p> <p>Rice &amp; Beans</p> <p>Mexican Corn</p> <p>Warm Baked Apple Slices</p> <p>Cinnamon Breadstick</p> <p>Homemade Creamy Cilantro Lime Dressing</p> <p>Fresh Roasted Tomato Salsa</p>
<p>Unique hand held hot sandwiches and finger food combo's rule here! Chicken Popper Basket, Chicken Patty, and Spicy Chicken Sandwiches served daily</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 on Whole Grain Crust Fresh Baked Daily</p>			<p>Veggie Lover's Pizza on Whole Grain Crust</p> <p>Italian Chicken Hot Croissant</p>	<p>Pepperoni Pizza on Whole Grain Crust</p> <p>Triple Decker Bean Tostados w/ Salsa</p>	<p>Philly Cheese Steak Pizza on Whole Grain Crust</p> <p>Chicken Florentine Flatbread</p>
<p>Cold Sandwiches &amp; Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers &amp; Fresh Carrots Fresh Homemade Vegetable Pasta Salad</p>			<p>Made to Order SALAD Bar</p> <p>Special: Buffalo Style Chicken Salad w/ Toasted Flatbreads &amp; Homemade Ranch Dressing</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Peanut Butter &amp; Apple Whole Wheat Roll Ups</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Turkey &amp; Swiss Ciabatta w/Dijon Mustard</p>
<p>Fresh Food Fast-Served Daily: Fruit Yogurt Parfait w/ Granola Topping Fruit Snack Bowls Vegetarian Salads Chicken, Turkey, or Ham Salads</p>			<p>Breaded Chicken Caesar Salad w/ Croutons</p> <p>Buffalo Style Chicken Salad</p>	<p>Catalina Turkey Club Salad w/ Crackers</p> <p>Peanut Butter &amp; Apple Whole Wheat Roll Ups</p>	<p>Deli Chef Salad w/ Crackers</p> <p>Turkey &amp; Swiss</p>
<p>Cold Fruit &amp; Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available Fresh Homemade Vegetable Pasta Salad</p>			<p>Tossed Salad w/Light Dressing</p> <p>Fresh Local Apples</p> <p>Chilled Pears</p> <p>Vegetable Pasta Salad</p>	<p>Spinach Romaine Salad w/Strawberries</p> <p>Veggie Pasta Salad</p> <p>Fresh Bananas</p> <p>Carrot Sticks</p>	<p>Tossed Salad w/ Light Dressing</p> <p>Fresh Orange Wedges</p> <p>Vegetable Pasta Salad</p> <p>Crunchy Spinach Salad</p>

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

Daily milk choices include skim white, and skim chocolate

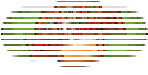





Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Favorite Comfort Foods &amp; International Flavors Served Your Way in a Portable Bowl</p>	<p><b>NORTHEAST ASIAN RICE BOWL:</b></p> <ul style="list-style-type: none"> <li>Korean Braised Ribbie</li> <li>Oriental Fried Rice</li> <li>Steamed Brown Rice</li> <li>Fresh Carrots &amp; Onions</li> <li>Bok Choy with Garlic and Ginger</li> <li>Crunchy Asian Topping</li> <li>Garlic Sesame Sauce</li> <li>Fresh Chopped Green Onion</li> </ul>	<p><b>MASHED POTATO BOWL:</b></p> <ul style="list-style-type: none"> <li>Breaded Popcorn Chicken</li> <li>Mashed Potatoes</li> <li>Seasoned Corn</li> <li>Roasted Carrot Fries</li> <li>WG Bread Stick</li> <li>Homemade Chicken Gravy</li> <li>Fresh Shredded Carrot</li> </ul>	<p><b>NACHO BOWL:</b></p> <ul style="list-style-type: none"> <li>Spicy Turkey Taco Meat</li> <li>Cilantro Lime Brown Rice</li> <li>Whole Grain Corn Tortilla Shell Rounds</li> <li>Corn &amp; Black Bean Salad</li> <li>Fresh Homemade Salsa</li> <li>Cinnamon Breadstick</li> <li>Homemade Cheese Sauce</li> </ul>	<p><b>AMERICAN DINER BOWL:</b></p> <ul style="list-style-type: none"> <li>Roast Turkey w/ Gravy</li> <li>Bread Stuffing Made w/ Whole Wheat</li> <li>Mashed Sweet Potatoes</li> <li>Seasoned Green Beans</li> <li>Whole Grain Dinner Roll</li> <li>Turkey Gravy</li> <li>Cranberry Sauce</li> </ul>	<p><b>ITALIAN PASTA BOWL:</b></p> <ul style="list-style-type: none"> <li>Saucy Italian Meatballs</li> <li>Whole Wheat Spaghetti</li> <li>Curly Rotini Pasta</li> <li>Fresh Steamed Veggie Medley</li> <li>Broccoli Salad</li> <li>Toasted Whole Grain Garlic Bun</li> <li>Red Marinara Sauce</li> <li>Roma Herb Seasoning Blend</li> </ul>
 <p>Unique hand held hot sandwiches and finger food combo's rule here! Chicken Popper Basket, Chicken Patty, and Spicy Chicken Sandwiches served daily</p>	<ul style="list-style-type: none"> <li>Hot Chili Burger w/ Monterey Jack</li> <li>Broccoli w/ Shredded Cheese</li> <li>Fresh Romaine Lettuce &amp; Tomato</li> </ul>	<ul style="list-style-type: none"> <li>Whole Grain Breaded Chicken Corn Dog Nuggets w/ Biscuit</li> <li>Roasted Carrot Fries</li> <li>Fresh Romaine Lettuce &amp; Tomato</li> </ul>	<ul style="list-style-type: none"> <li>Pizza Burger on a Whole Wheat Bun</li> <li>Baked Potato</li> <li>Fresh Romaine Lettuce &amp; Tomato</li> </ul>	<ul style="list-style-type: none"> <li>Breaded Chicken Parm Sandwich</li> <li>Green Beans</li> <li>Fresh Romaine Lettuce &amp; Tomato</li> </ul>	<ul style="list-style-type: none"> <li>Thanksgiving Turkey Wrap</li> <li>Steamed Veggie Medley</li> <li>Fresh Romaine Lettuce &amp; Tomato</li> </ul>
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Fresh Baked Daily</p>	<ul style="list-style-type: none"> <li>Pepperoni Pizza on Whole Grain Crust</li> <li>Red Hot Chicken Pizza</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Tostado Flatbread</li> <li>Whole Wheat Pizza Bagels</li> </ul>	<ul style="list-style-type: none"> <li>Hawaiian Pizza on Whole Grain Crust</li> <li>Cheese Finger Rip &amp; Dips w/ Tomato Dipping Sauce</li> </ul>	<ul style="list-style-type: none"> <li>Pepperoni Pizza on Whole Grain Crust</li> <li>Hot Taco Pocket</li> </ul>	<ul style="list-style-type: none"> <li>Ham &amp; cheese Stromboli</li> <li>Whole Grain Mexican Pita Pizzas</li> </ul>
 <p>Cold Sandwiches &amp; Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers &amp; Fresh Carrots Fresh Homemade Sweet Corn Salad</p>	<ul style="list-style-type: none"> <li>Made to Order SANDWICH Bar</li> <li>Special: Chicken Caesar Wrap</li> </ul>	<ul style="list-style-type: none"> <li>Made to Order SANDWICH Bar</li> <li>Special: Parisian Ham &amp; Cheese Wrap</li> </ul>	<ul style="list-style-type: none"> <li>Made to Order SALAD Bar</li> <li>Special: Popcorn Chicken Salad w/ Homemade Spicy Dressing</li> </ul>	<ul style="list-style-type: none"> <li>Made to Order SANDWICH Bar</li> <li>Special: Roast Beef and Swiss Bagel with Cajun mayo</li> </ul>	<ul style="list-style-type: none"> <li>Made to Order SANDWICH Bar</li> <li>Special: Santa Fe Turkey &amp; Cheddar Wrap</li> </ul>
 <p>Fresh Food Fast-Served Daily: Fruit Yogurt Parfait w/ Granola Topping Fruit Snack Bowls Vegetarian Salads Chicken, Turkey, or Ham Salads</p>	<ul style="list-style-type: none"> <li>Deli Chef Salad w/ Crackers</li> <li>Chicken Caesar Wrap</li> </ul>	<ul style="list-style-type: none"> <li>Cobb Salad w/ Crackers</li> <li>Parisian Ham &amp; Cheese Wrap</li> </ul>	<ul style="list-style-type: none"> <li>Popcorn Chicken Salad w/ Homemade Spicy Dressing</li> <li>Turkey Club Wrap</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Caesar Salad w/ Croutons</li> <li>Roast Beef and Swiss Bagel with Cajun mayo</li> </ul>	<ul style="list-style-type: none"> <li>Garden Cheese Salad w/ crackers</li> <li>Santa Fe Turkey &amp; Cheddar Wrap</li> </ul>
 <p>Cold Fruit &amp; Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available Sweet Corn Salad Daily</p>	<ul style="list-style-type: none"> <li>Sweet Corn Salad</li> <li>Romaine Tossed Salad</li> <li>Chilled Mixed Fruit</li> <li>Fresh Orange Wedges</li> </ul>	<ul style="list-style-type: none"> <li>Celery Sticks</li> <li>Carrot Sticks</li> <li>Sweet Chewy Raisins</li> <li>Fresh Pears</li> </ul>	<ul style="list-style-type: none"> <li>Sweet Corn Salad</li> <li>Caesar Romaine Side Salad w/ Croutons</li> <li>Fresh Local Apples</li> <li>Chilled Peaches</li> </ul>	<ul style="list-style-type: none"> <li>Tossed Salad w/ Light Dressing</li> <li>Corn &amp; Black Bean Salad</li> <li>Petite Bananas</li> <li>Chilled Mixed Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Sweet Corn Salad</li> <li>Carrot Sticks</li> <li>Tossed Salad w/ Light Dressing</li> <li>Cinnamon Applesauce</li> </ul>

# Belding High School Lunch Menu

## January 16-20

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

Daily milk choices include skim white and skim chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Favorite Comfort Foods &amp; International Flavors Served Your Way in a Portable Bowl</p>		<p>MEDITERRANEAN BOWL:</p> <p>Tarragon Marinated Chicken</p> <p>Brown Veggie Rice</p> <p>Roasted Italian Vegetables</p> <p>Warm Whole Wheat Pita Bread</p> <p>Homemade Taziki Sauce</p> <p>Chopped Green Onion</p>	<p>FAJITA BOWL:</p> <p>Fajita Chicken</p> <p>Cilantro Lime Chips</p> <p>Black Beans</p> <p>Roasted Bell Pepper &amp; Onion</p> <p>Roasted Tomato Salsa</p> <p>Whole Grain Tortilla</p> <p>Shredded Cheddar</p> <p>Chopped Cilantro</p>	<p>MOM'S MASHED POTATO BOWL:</p> <p>Herb Roasted Chicken</p> <p>Baked Sweet Potato</p> <p>Fresh Glazed Carrots</p> <p>Sweet Peas</p> <p>Whole Wheat Toasted Garlic Bun</p> <p>Homemade Chicken Gravy</p> <p>Fresh Parsley</p>	<p>BRUNCH FOR LUNCH BOWL:</p> <p>Scrambled Eggs, Crumbled Sausage</p> <p>Herb Roasted Potatoes</p> <p>Fresh Orange Wedges</p> <p>Warm Baked Apple Slices</p> <p>Whole Wheat Pancake Warm Syrup</p> <p>Shredded Cheddar</p>
 <p>Unique hand held hot sandwiches and finger food combo's rule here! Chicken Popper Basket, Chicken Patty, and Spicy Chicken Sandwiches served daily ily</p>		<p>Philly Cheese Steak on a Roll</p> <p>Fruit Crisp</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>	<p>Alpine Swiss Burger on WG Bun</p> <p>Roma Herb Potato Wedges</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>	<p>Breaded Popcorn Chicken w/ Toasted Garlic Bun</p> <p>Sweet Peas</p> <p>Fresh Romaine &amp; Tomato</p>	<p>Meatball Parmesan Pizza Wrap</p> <p>Warm Baked Apple Slices</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Fresh Baked Daily</p>		<p>Whole Wheat Pizza Dunkers w/ Shredded Cheese &amp; Tomato Dipping Sauce</p> <p>Sausage Pizza</p>	<p>Chicken &amp; Roma Tomato Whole Grain Pita Pizza</p> <p>Cheese Fingers Rip and Dip w/ Tomato Dipping Sauce</p>	<p>Pepperoni Pizza on Whole Grain Crust</p> <p>Turkey &amp; Cheese Hot Pocket w/ Tomato Dipping Sauce</p>	<p>Ham and Pineapple Pizza on Whole Grain Crust</p> <p>Margherita Flatbread</p>
 <p>Cold Sandwiches &amp; Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers &amp; Fresh Carrots Fresh Homemade Green Goddess Pasta Salad</p>		<p>Made to Order SANDWICH Bar</p> <p>Special: Buffalo Chicken Salad on Whole Wheat Bagel</p>	<p>Made to Order SALAD Bar</p> <p>Special: Monterey Ranch Chicken Salad w/ Homemade Ranch Dressing &amp; Toasted Flatbreads</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Roast Beef &amp; Swiss on WG Sub Bun w/ Golden Honey Mustard</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Santa Fe Turkey and Cheddar Wrap</p>
 <p>Fresh Food Fast-Served Daily: Fruit Yogurt Parfait w/ Granola Topping Fruit Snack Bowls Vegetarian Salads Chicken, Turkey, or Ham Salads</p>		<p>Buffalo Chicken Salad on Whole Wheat Bagel</p> <p>Chicken Caesar Wrap</p>	<p>Breaded Chicken Caesar Salad w/ Croutons</p> <p>Turkey Club Bagel Sandwich</p>	<p>Catalina Turkey Club Salad w/ Crackers</p> <p>Roast Beef &amp; Swiss on a Kaiser Roll</p>	<p>Santa Fe Turkey and Cheddar Wrap</p> <p>Italian Hero</p>
 <p>Cold Fruit &amp; Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available Green Goddess Salad Available Daily</p>		<p>Fresh Local Apples</p> <p>Crunchy Spinach Salad</p> <p>Chilled Peaches</p> <p>Fruit Crisp</p>	<p>Chilled Pineapples</p> <p>Green Goddess Pasta Salad</p> <p>Carrot Sticks</p> <p>Sweet Chewy Raisins</p>	<p>Caesar Romaine Salad w/Croutons</p> <p>Chilled Pears</p> <p>Apple Salad</p> <p>Green Goddess Pasta Salad</p>	<p>Chilled Cinnamon Applesauce</p> <p>Fresh Orange Wedges</p> <p>Tossed Salad w/ Light Dressing</p> <p>Pear Raisin Salad</p>

# Belding High School Lunch Menu

## January 23-27

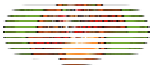

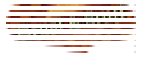



A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include: skim white, 1% white, and skim flavored

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Favorite Comfort Foods &amp; International Flavors Served Your Way in a Portable Bowl</p>	<b>BACKYARD BBQ BOWL:</b> Honey BBQ Chicken Cheddar Potato Strips Seasoned Collard Greens Fresh Locally Grown Corn on the Cob  Warm Breadstick Honey BBQ Sauce Fresh Chopped Green Onion	<b>FIESTA POTATO BOWL:</b> Spicy Mexican Beef Whole Baked Potato Steamed Broccoli Cuts  Southwest Corn & Black Bean Salad Homemade Corn Bread or Whole Grain Dinner Roll Homemade Cheddar Cheese Sauce Fresh Shredded Carrot	<b>AMERICAN DINER BOWL:</b> Meat Loaf Macaroni and Cheese Mashed Potatoes Seasoned Green Beans Seasoned Mixed Veggies Whole Grain Dinner Roll Homemade Brown Gravy Green Parsley Flakes	<b>CAJUN RICE (JAMBALYA) BOWL:</b> Savory Crumbled Sausage, Diced Ham Cajun Brown Rice Steamed Brown Rice Warm Baked Apple Slices Fresh Baked Biscuit Spicy Tomato Sauce Fresh Chopped Green Onion	<b>ITALIAN PASTA BOWL:</b> Italian Marinated Chicken Fettuccini Whole Wheat Spaghetti Roasted Italian Vegetables Made w/ Fresh Locally Grown Zucchini & Green Peppers Seasoned Green Beans Garlic Twist Creamy Roasted Garlic Sauce, Red Marinara Sauce Roma Herb Seasoning Blend
<p>Unique hand held hot sandwiches and finger food combo's rule here! Chicken Popper Basket, Chicken Patty, and Spicy Chicken Sandwiches served daily</p>	Turkey Corn Dog Nuggets  Mexican Corn  Fresh Romaine Lettuce & Tomato	Breaded Chicken Tenders with Biscuit  Roma Herb Potato Wedges  Fresh Romaine Lettuce & Tomato	BLT Burger on Whole Wheat Bun  Seasoned Mixed Veggies  Fresh Romaine Lettuce & Tomato	BBQ Chicken on Whole Wheat Bun  Warm Baked Apple Slices  Fresh Romaine Lettuce & Tomato	Chicken Parmesan Wrap  Roasted Italian Vegetables Fresh Romaine Lettuce & Tomato
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Fresh Baked Daily</p>	Pepperoni Pizza on Whole Grain Crust  Margarita Flatbread	Chicken Florentine Flatbread  Triple Decker Bean Tostada	Pepperoni Pizza on Whole Grain Crust  Cheese Stuffed Breadsticks with Dipping Sauce	Chicken Bruschetta Pizza Topped w/ Fresh Locally Grown Tomatoes  Ham & Cheese Hot Pocket w/ Tomato Dipping Sauce	Grilled Veggie Pizza w/ Local Veggies on Whole Grain Crust  BBQ Chicken Pizza
<p>Cold Sandwiches &amp; Salads Made Fresh Your Way                       Available Daily:                      Tortilla Wraps, Rolls, and Whole Wheat Bread                      Turkey, Ham, Tuna Salad, Chilled Breaded Chicken                      American and Part Skim Mozzarella Cheese                      Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers &amp; Fresh Carrots                      Buttermilk Coleslaw Made w/ Fresh Locally Grown Cabbage</p>	Made to Order SANDWICH Bar  Special: Turkey Club Wrap	Made to Order SANDWICH Bar  Special: Parisian Ham & Cheese Wrap	Made to Order SANDWICH Bar  Special: Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo	Made to Order SALAD Bar  Special: Mandarin Orange Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing & Crackers	Made to Order SANDWICH Bar  Special: Classic Chicken Salad
<p>Fresh Food Fast-Served Daily:                      Fruit Yogurt Parfait w/ Granola Topping                      Fruit Snack Bowls                      Vegetarian Salads                      Chicken, Turkey, or Ham Salads</p>	Deli Chef Salad w/ Crackers  Turkey Club Wrap	Cobb Salad w/ Crackers  Parisian Ham & Cheese Wrap	Breaded Chicken Caesar Salad w/ Crackers  Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo	Mandarin Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing  Turkey Club Wrap	Crispy Chicken Popper Salad w/ Crackers  Parisian Ham & Cheese Wrap
<p>Cold Fruit &amp; Vegetable Bar Offered Daily                      Featuring fresh seasonal produce including local items as available                      Buttermilk Coleslaw Available Daily</p>	Homemade Coleslaw  Caesar Romaine Salad with Croutons  Chilled Pears Fresh Orange Wedges	Caesar Romaine Side Salad w/ Croutons  Southwest Corn & Black Bean Salad  Fresh Local Apples Chilled Peaches	Home made Coleslaw  Tossed Salad w/ Light Dressing  Fruit Crisp Chilled Mandarin Oranges	Marinated Tomato & Cucumber Salad Made w/ Locally Grown Cucumbers & Tomatoes  Tossed Salad w/ Light Dressing  Chilled Pineapples Fresh Banana	Home made Coleslaw  Carrot Sticks Fruit Crisp Chilled Applesauce

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

Daily milk choices include: skim white, and skim chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Favorite Comfort Foods &amp; International Flavors Served Your Way in a Portable Bowl</p>	<p><b>SWEET N SOUR CHICKEN BOWL:</b></p> <p>Popcorn Chicken</p> <p>Oriental Fried Rice 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 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 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 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 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>Chopped Green Onion</p>	<p><b>CHICKEN PARM BOWL:</b></p> <p>Breaded Chicken Cutlet</p> <p>Seasoned Pasta 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>Unique hand held hot sandwiches and finger food combo's rule here! Chicken Popper Basket, Chicken Patty, and Spicy Chicken Sandwiches served daily</p>	<p>Lean Beef Burger with Cheese on WW Bun</p> <p>Roma Herb Potato Wedges</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>	<p>Stromboli Grinder</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>Grilled BBQ Chicken on WW Bun</p> <p>Fresh Broccoli w/ Shredded Cheese</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>	<p>Roast Turkey Pita Pocket</p> <p>Roma Herb Potato Wedges</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Fresh Baked Daily</p>	<p>Pepperoni Pizza on Whole Grain Crust</p> <p>Pizza w/ Roasted Italian Vegetables</p>	<p>Pepperoni Pizza on Whole Grain Crust</p> <p>Cheeseburger Flatbread</p>	<p>Hot Dog Twist</p> <p>Italian Stromboli w/ Tomato Dipping Sauce</p>	<p>Whole Wheat Pizza Dunkers w/ Shredded Cheese &amp; Tomato Dipping Sauce</p> <p>Hawaiian Pizza</p>	<p>Red Hot Chicken Pizza on Whole Grain Crust</p> <p>Cheese Fingers Rip and Dip</p>
 <p>Cold Sandwiches &amp; Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers &amp; Fresh Carrots Fresh Homemade Fruit Goop</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Chicken Caesar Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Santa Fe Turkey and Cheddar Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Classic Chicken Salad on Whole Wheat w/ Lettuce &amp; Tomato</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Roast Beef Wrap with Golden Honey Mustard</p>	<p>Made to Order SALAD Bar</p> <p>Special: Asian Six Treasure Chicken Salad w/ Homemade Sweet N Sour Dressing &amp; Whole Wheat Roll</p>
 <p>Fresh Food Fast-Served Daily: Fruit Yogurt Parfait w/ Granola Topping Fruit Snack Bowls Vegetarian Salads Chicken, Turkey, or Ham Salads</p>	<p>Garden Cheese Salad w/ Crackers</p> <p>Chicken Caesar Wrap w/ Homemade Macaroni Salad</p>	<p>Chunky Tuna Salad w/ Crackers</p> <p>Santa Fe Turkey and Cheddar Wrap</p>	<p>Catalina Turkey Club Salad w/ Crackers</p> <p>Classic Chicken Salad on Whole Wheat w/ Lettuce &amp; Tomato</p>	<p>Crispy Chicken Popper Salad w/ Crackers</p> <p>Roast Beef Wrap with Golden Honey Mustard</p>	<p>Breaded Chicken Caesar Salad w/ Whole Wheat Dinner Roll</p> <p>Turkey Club Bagel Sandwich</p>
 <p>Cold Fruit &amp; Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available Fruit Goop Available Daily</p>	<p>Fruit Goop</p> <p>Crunchy Spinach Salad</p> <p>Chilled Pears</p> <p>Fresh Orange Wedges</p>	<p>Carrot Sticks</p> <p>Homemade Coleslaw</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>