

## Hot Lunch Menu Spring 2019

### Notes:

- Salads offered to grades 5 - 12 only
- All Salad dressings are made in house
- We reserve the right to cancel a lunch offering if there are fewer than 10 orders for it
- Desserts come with lunch only on Tuesday and Wednesday
- Salads come with a Whole Wheat roll and a small dessert, but not milk

### MONDAY

**Bagel with Soup (k-5):** A 4 oz. portion of tuna or egg salad on a plain bagel. Served with an 8 oz. soup and Fruit or Veggie, and Milk or Juice. Student's Weekly choice of Tomato Soup or Soup of the Day: Vegetable, Mushroom Barley, Jerusalem Lentil, Potato Chowder

**Gluten Free Bagel with Soup (k-5):** A 4 oz. portion of tuna or egg salad on a gluten-free plain bagel. Served with an 8 oz. soup and Fruit or Veggie, and Milk or Juice. Student's Weekly choice of Tomato Soup or Soup of the Day: Vegetable, Mushroom Barley, Jerusalem Lentil, Potato Chowder

**El Jefe Panini with Soup (6-12):** Grilled Panini with savory refried beans, sweet caramelized onion, cheddar and jack cheeses. Served with our popular soups, which include, but aren't limited to: Best Tomato, Tortilla, Mushroom Barley, Black Bean Chili, 7-Vegetable, Carrot-Ginger, Jerusalem Lentil and Tomato Basil with White Beans. Fruit or veggie, and Milk or Juice.

**Gluten Free El Jefe Panini with Soup (6-12):** Gluten-Free Grilled Panini with savory refried beans, sweet caramelized onion, cheddar and jack cheeses. Served



with our popular soups, which include, but aren't limited to: Best Tomato, Tortilla, Mushroom Barley, Black Bean Chili, 7-Vegetable, Carrot-Ginger, Jerusalem Lentil and Tomato Basil with White Beans. Fruit or veggie, and milk or juice.

**Light Bite Protein Box (5-12):** Swiss and Cheddar cheeses, apple slices, grapes, hard boiled egg, raw almonds (in portion cup), chunk dark chocolate, and milk.

### **Garden Salad**

**Garden Salad with Salmon**

### **Caesar Salad**

**Caesar Salad with Salmon**

**\*Please see Salad descriptions at end of menu**

## **TUESDAY**

**Soy Chicken Nuggets 4 piece (k-5):** 4 piece crispy soy chicken nuggets. Lunch includes Fruit or Veggie, Dessert and Lowfat Milk.

**Soy Chicken Nuggets 6 piece (K-12):** 6 piece crispy soy chicken nuggets. Lunch Includes Fruit or Veggie, Dessert and Lowfat Milk.

**Pizza (k-5):** Two slices of cheese pizza served with fruit, Oreo cookies, and juice.

**Pizza (5-12):** Three slices of cheese pizza served with fruit, Oreo cookies, and juice.

**Gluten Free Pizza (k-5):** Two slices of Gluten Free Pizza served with fruit, gluten free dessert and milk.

**Gluten Free Pizza (5-12):** Three slices of Gluten Free Pizza served with fruit, gluten free dessert and milk.

**Mozzarella Spinach Calzone with a side of Marinara (k-12):** Lunch Includes Fruit or Veggie, Dessert and Lowfat Milk.

**Greek Salad**

**Garden Salad**

**Caesar Salad**

**Garden Salad with Pan-Seared Salmon Filet**

**Caesar Salad with Pan-Seared Salmon Filet**

**\*Please see Salad descriptions at end of menu**

## **WEDNESDAY**

**Parmesan Pasta (k-12):** Our traditional multigrain rotini tossed with Olive Oil, S & P and Parmesan Cheese (served with Marinara on the side). Fruit or veg, small dessert and milk

**Gluten Free Parmesan Pasta (K-12):** Our traditional Gluten Free rotini tossed with Olive Oil, S & P and Parmesan Cheese (served with Marinara on the side). Fruit or veg, small gluten free dessert and milk.

**Arrivederci Roma! Salad**

**Garden Salad**

**Caesar Salad**

**Garden Salad with Pan-Seared Salmon Filet**  
**Caesar Salad with Pan-Seared Salmon Filet**

**THURSDAY**

**Base Hit (K-12):** One all beef hot dog on a bun with ketchup and mustard (side), fruit, veggie, juice or lemonade.

**Double Play (K-12):** Two all beef hot dogs on a bun with ketchup and mustard, fruit, veggie, and juice or lemonade.

**LD Fan Favorite (k-4):** One 1/4 lb grilled beef burger on a bun with ketchup and mustard, fruit, veggie, and juice or lemonade.

**UD Fan Favorite (5-12):** One 1/4 lb grilled beef burger on a bun with ketchup and mustard, lettuce, tomatoes, onions, pickled jalapenos and dill pickles. Served with fruit, veggie, and juice or lemonade.

**LD Perfect Veggie Burger (k-4):** House made veggie patty on bun, ketchup, mustard (side), fruit, veggie, and juice or lemonade.

**UD Perfect Veggie Burger (5-12):** House made veggie patty on bun, with ketchup, mustard, Lettuce, Tomato, onion, served with fruit, veggie, and juice or lemonade.

**UD The Sweet Spot (5-12):** Two 1/4 lb grilled beef burgers w/ ketchup, mustard, tomatoes, pickles, fruit, veggie, and juice or lemonade.

**UD Home Run (5-12):** One hot dog, one burger, all the fixin's, fruit, veggie, and juice or lemonade.



**Chicken Caesar Wrap (5 - 12):** Grilled tortilla, crunchy romaine lettuce, Caesar dressing, sliced grilled chicken. Served with fruit, veggie, and juice or lemonade.

**Gluten Free Chicken Caesar Wrap (5 - 12):** Grilled Gluten Free tortilla, crunchy romaine lettuce, Caesar dressing, sliced grilled chicken. Served with fruit, veggie, and juice or lemonade.

\*\*\*\***Gluten Free Hamburger or Hot Dog Buns (K-12) \*\*\*\*** Add \$1.00/bun

## **FRIDAY**

**Fish Sticks 4 piece (k-5):** Lunch Includes Fruit, Veggie, and Beverage.

**Fish Sticks 6 piece (5-12):** Lunch Includes Fruit, Veggie, and Beverage.

**Cheese Quesadillas (K-12):** 2 wedges of Cheese Quesadillas with Black Beans and Corn served on the side. Served with Fruit, Veggie, and Milk or Juice.

**Cheese Quesadillas (k-12):** 3 wedges of Cheese Quesadillas with Black Beans and Corn served on the side. Served with Fruit, Veggie, and Milk or Juice.

\*\*\*\***Gluten Free Quesadillas (K-4) \*\*\*\*\*** add \$1.00

**Tacos (5-12):** Three Crisp Corn Tacos, filled with Taco-Spiced Soy Crumbles, Shredded Cheddar Cheese, Shredded Lettuce and Diced Tomatoes. Served with Fruit, Veggie, and Milk or Juice.

**Super Size (SS) Tacos (5-12):** FIVE Crisp Corn Tacos, filled with Taco-Spiced Soy Crumbles, Shredded Cheddar Cheese, Shredded Lettuce and Diced Tomatoes. Served with Fruit, Veggie, and Milk or Juice.



**Gluten Free options for Tacos:** Filled with house made refried bean and includes all of the above. Add \$1.00 for Gluten-Free.

### **FRESH SALAD DESCRIPTIONS- Grades 5-12**

All salads are served with a multigrain roll and a small dessert. All salad dressings are made in house:

**Garden Salad** – Bed of Baby Greens topped with Red Pepper, Cucumber, Red Onion, Celery and Carrot, served with choice of dressing. (Balsamic Vinaigrette, Ranch, Honey Adobo Lime Vinaigrette, or Citrus Vinaigrette). Served Monday-Friday.

**Caesar Salad** – Crisp Romaine Lettuce, Homemade Garlic Croutons, Caesar Dressing. Served Monday-Friday.

**Garden Salad w/Salmon** - Bed of Baby Greens topped with Salmon, Cucumber, Red Onion, Celery and Carrot, served with choice of dressing. (Balsamic Vinaigrette, Ranch, Honey Adobo Lime Vinaigrette, or Citrus Vinaigrette). Served Monday-Friday.

**Caesar Salad w/Salmon** – Crisp Romaine Lettuce topped with Salmon, Homemade Garlic Croutons, Caesar Dressing. Served Monday-Friday.

**Greek Salad** - Crunchy Romaine, juicy cherry tomatoes, Kalamata olives, fresh cucumbers, and salty feta. Red Wine Vinaigrette. Opa! Served on Tuesdays.

**Arrivederci Roma!** - Baby Greens and Crunchy Romaine topped with red onion, roasted red peppers, cannellini beans, artichoke hearts and roasted Portobello mushrooms (optional). House-made balsamic vinaigrette. Served on Wednesdays.



**Garden Salad w/ Veggie Burger** – Bed of Baby Greens topped with Veggie Burger Patty Red Pepper, Cucumber, Red Onion, Celery and Carrot, served with choice of dressing. (Balsamic Vinaigrette, Ranch). Served on Thursdays.

**Caesar Salad w/chicken** – Crisp Romaine Lettuce, Homemade Garlic Croutons, Caesar Dressing, with Marinated Sliced Grilled Chicken Breast. Served on Thursdays.

**Apple-Cranberry Salad** - Tender baby greens and crisp romaine topped with sliced apples, dried cranberries, toasted pepitas, feta cheese and toasted pecans (optional, included in separate container). Maple Sherry vinaigrette. Served on Fridays.

**"S<sup>3</sup>" Salty-Sweet Salad** - Baby Greens and Crunchy Romaine Tossed with Thinly sliced Granny Smith Apples, Feta Cheese, Craisins, Honey-spice Pecans. Sherry Molasses Vinaigrette.