



C3/CLC High School Menu – Fall 2019

Please select from the options below: 1 entrée, 2 fruits, and 2 vegetables.

Lunch Entree Choices: *PBJ offered daily.

Monday:

- Spicy Chicken Tender Wrap
- Fruit and Yogurt Parfait
- Bistro Box
- *Gluten Free option* – Gluten Free Chicken Tenders

Tuesday:

- Turkey Club Sandwich
- Hummus Entrée Plate
- Fiesta Southwest Salad
- *Gluten Free option* – Turkey & Cheese Sandwich on GF Bread

Wednesday:

- Chicken Tender Wrap
- Veggie Wrap
- Pasta Salad
- *Gluten Free option* – Grilled Chicken Salad w/ Tostitos

Thursday:

- Spicy Chicken Wrap
- Yogurt Parfait
- Popcorn Chicken Salad
- *Gluten Free option* – Ham & Cheese Sandwich on GF Bread

Friday:

- Ham & Cheese Sub
- Hummus Entrée Plate
- BLT Salad*
- *Gluten Free option* – Grilled Chicken Sandwich on GF Bun

Fruits:

- Banana
- Apple
- Orange
- Pear

Vegetables:

- Carrots
- Peppers
- Cucumbers
- Broccoli

*** Contains Pork**

This institution is an equal opportunity provider.