



## EXTRAS

A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. We hope to inspire and encourage all students to make healthy choices regularly.

## FAST TAKES

**IN A HURRY,  
NO WORRY!**

### OFFERED DAILY

Chef Salad<sup>(7g)</sup>, Chicken Caesar Wrap<sup>(31g)</sup>, Turkey and Cheese<sup>(30g)</sup>, Ham and Cheese<sup>(30g)</sup>, Italian<sup>(30g)</sup> or Hummus<sup>(64g)</sup>



Fresh Baked Bread Offered Daily with Salad



### CHECK THIS OUT!

Southern-style crispy chicken salad<sup>(25g)</sup> or wrap<sup>(45g)</sup> stuffed with popcorn chicken, cheddar cheese, diced tomatoes, bell peppers and chopped bacon.

## DELI

### EVERYDAY SELECTIONS

Custom Subs with a Variety of Cheeses, Fresh Baked Breads and Premium Sauces

### Toppings

Shredded Lettuce  
Sliced Tomatoes  
Sliced Red Onion  
Jalapeños  
Pickles

### OTHER DAILY OPTIONS

Hummus



### TRY THIS ONE!

Southern-style crispy chicken salad or wrap stuffed with popcorn chicken, cheddar cheese, diced tomatoes, bell peppers and chopped bacon.

## GRILL

### EVERYDAY SELECTIONS

Classic Hamburger<sup>(28g)</sup>  
Crispy Chicken Sandwich<sup>(41g)</sup>

### Toppings

Sliced Cheddar Cheese  
Sliced Pepper Jack Cheese  
Shredded Lettuce  
Sliced Tomatoes  
Sliced Red Onion  
Jalapeños  
Pickles

**Monday** Corn Dog<sup>(30g)</sup>

**Tuesday** Rib-B-Que<sup>(37g)</sup>

**Wednesday** Toasted Cheese Sandwich<sup>(30g)</sup>

**Thursday** Hot Dog<sup>(30g)</sup>

**Friday** Chicken Tender Sandwich<sup>(37g)</sup>

Offered with Veggie Sticks or French Fries

## PIZZA

### EVERYDAY SELECTIONS

Cheese Pizza  
M/W/F: Pepperoni<sup>(47g)</sup>, Tu: Sausage<sup>(48g)</sup>, Th: Hawaiian<sup>(51g)</sup>

Offered with Toasted Garlic Caesar Salad

### DAILY PASTA OPTIONS

Spaghetti & Meat

Sauce<sup>(51g)</sup>



Fresh Baked Bread Offered Daily with Pasta



### SHAKE IT UP!

Hawaiian pizza layered with shredded mozzarella cheese and topped with ham, pineapple and fresh scallions.

## This week in GLOBAL



**Choice of:** Lo Mein Noodles<sup>(73g)</sup>, Steamed Brown Rice<sup>(60g)</sup> or Oven Fried Brown Rice<sup>(70g)</sup>

### EVERYDAY SELECTIONS

Sweet & Sour Chicken<sup>(39g)</sup>

**Monday** Teriyaki Beef<sup>(31g)</sup>

**Tuesday** General Tso Chicken<sup>(42g)</sup>

**Wednesday** Spicy Orange Chicken<sup>(35g)</sup>

**Thursday** Teriyaki BBQ<sup>(30g)</sup>

**Friday** Creamy Sriracha Chicken<sup>(35g)</sup>

**Choice of Side:** Sesame Roasted Carrots<sup>(11g)</sup> or Roasted Broccoli<sup>(5g)</sup>

## KICK IT UP A NOTCH

By adding one of our World of Flavor specialty sauces.

### Buffalo Ranch Sauce

Buttermilk ranch dressing blended with cayenne pepper sauce.

### Banana Pepper Sauce

A spicy mixture of sliced banana peppers and cayenne pepper sauce blended with buttermilk ranch dressing.

### Creamy Sriracha

Mayonnaise infused with spicy sriracha chili sauce.

### Garlic Parmesan

Mayonnaise blended with grated Parmesan cheese, mustard, garlic and creamy Greek yogurt.



This week in

## ADVENTURE



### EVERYDAY

Breakfast Tacos

**Monday** Biscuit and Sausage Gravy<sup>(33g)</sup>

**Tuesday** Chorizo Burrito

**Wednesday** Waffle Stacker

**Thursday** Breakfast Burger

**Friday** French Toast Sticks<sup>(36g)</sup> with Breakfast Sausage<sup>(5g)</sup>

### PICK A SIDE!

Tater Tot Hash<sup>(15g)</sup> or Baked Cinnamon Apples<sup>(27g)</sup>

### TOP IT OFF!

Cheddar Cheese, Sour Cream, Pico De Gallo, Jalapeños