

# CAST Lead and South Campus 2023 Lunch Menu

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b>Chicken Nuggets w/ Roll</b> <b>Seasoned Crispy Fries</b> <b>Mixed Green Salad</b> <b>Steamed Carrots</b>  <b>Cheeseburger on a Bun</b> <b>Seasoned Crispy Fries</b> <b>Mixed Green Salad</b> <b>Steamed Carrots</b>  <b>Applesauce</b> <b>Fresh Banana</b> <b>Fresh Fruit</b>	<b>Crispy Beef Tacos</b> <b>Seasoned Pinto Beans</b> <b>Spanish Rice</b> <b>Lettuce and Tomato Trimmings</b> <b>Baby Carrots</b>  <b>Pepperoni Pizza or Cheese Pizza</b> <b>Savory Green Beans</b> <b>Baby Carrots</b>  <b>Sliced Peaches</b> <b>Peaches w/ Whipped Topping</b> <b>Fresh Pear</b> <b>Fresh Fruit</b>	<b>Asian Chicken w/Fried Rice</b> <b>Peas and Carrots</b> <b>Fresh Broccoli</b>  <b>Chicken Club Sandwich</b> <b>Waffle Fries</b> <b>Fresh Broccoli</b> <b>Lettuce and Tomato Trimmings</b>  <b>Fruit Cocktail</b> <b>Fresh Apple</b> <b>Fresh Fruit</b>	<b>Pork Tamale</b> <b>Corn</b> <b>Sweet Peas</b> <b>Cucumber Slices</b>  <b>Spicy Chicken Sandwich</b> <b>Corn</b> <b>Sweet Peas</b> <b>Cucumber Slices</b>  <b>Blueberries</b> <b>Blueberries w/ Whipped Topping</b> <b>Fresh Orange</b> <b>Fresh Fruit</b>	<b>Buffalo Chicken Bites w/ Cornbread</b> <b>Cheese Mashed Potatoes</b> <b>Celery and Tomatoes</b>  <b>Beef Nachos</b> <b>Cheese Nachos</b> <b>Steamed Carrots</b> <b>Celery and Tomatoes</b>  <b>Mandarin Oranges</b> <b>Green Apples</b> <b>Fresh Fruit</b>

Chef Salad - Monday and Wednesday

Chicken Fajita Salad and Graze and Go Box - Tuesday and Thursday

Protein Box, and Peanut Butter and Jelly Uncrustable Offered Daily

BBQ Chicken Ranch Wrap Offered Thursday

\*Menu Subject to Change  
 Adult Meal Prices:  
 Breakfast: \$3.20 Lunch:\$4.80

**This institution is an equal opportunity provider**