

Prospect High School

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Special	French Bread Pizza	Breakfast Sandwich	Biscuits & Gravy	Breakfast Croissant Sandwich	Breakfast Burrito
Daily Breakfast Options	Fruit, Granola & Yogurt Parfaits, Variety of Cereals and Muffins *Vegetarian and/or Dairy Free Options available upon request* Included with each breakfast: choice of fresh fruit, fruit juice and choice of 1% low fat milk or fat free chocolate milk				
Lunch Specials					
Week 1	Pasta Bowl	Pulled Pork	Popcorn Chicken	Chicken Sandwich	Burger & Fries
Week 2	Wrap	Pizza	Mashed Potato Bowl	Wedge Sandwich	PB&J
	Nacho Bar	Salad	Sub	Chicken Sandwich	Burger & Fries
	Wedge Sandwich	Burrito	Oriental Chicken	Wrap	PB&J
		Salad	Bowl		
			Sub		
Daily Lunch Options	PB&J sandwich *Vegetarian and/or Dairy Free Options available upon request* Included with each lunch: choice of fresh fruit, vegetables, vegetable juice, the choice of 1% low fat milk or fat free chocolate milk				
Variations of wraps	Chicken, Bacon, Jalapeno Popper...Buffalo Chicken...Southwestern...Chicken, Bacon & Ranch...Spicy Chicken...Cordon Bleu ...Oriental Chicken...Italian				
Variations of sub sandwich	Italian...Turkey, Bacon & Swiss...Tuna...Egg Salad...Turkey & Swiss...Ham & Cheddar				
Variations of salads	Chicken Caesar ...Southwestern Chicken ...Taco...Chef ...Club ...Italian ...Oriental				
Variations of flatbreads	Chipotle Chicken ...BBQ Pulled Pork...Basil Pesto Aioli & Chicken ...Green Chili & Chicken				

MENU IS SUBJECT TO CHANGE WITHOUT WARNING

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