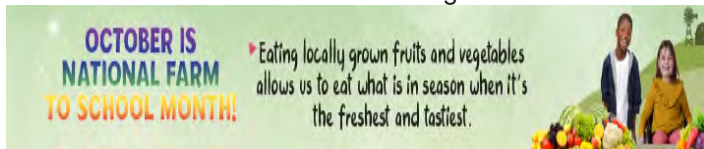


LUNCH MENU 3

Middle Schools, ICS, & STEM

October 23rd - 27th

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



MONDAY	Spice House with Vegetarian Option
TUESDAY	Fiesta Nachos with Vegetarian Option
WEDNESDAY	Spice House with Vegetarian Option
THURSDAY	Fiesta Nachos with Vegetarian Option
FRIDAY	Noodle Bowl with Vegetarian Option



Every Day Choices

*Cheese Stuffed Breadsticks with Spaghetti Sauce(v)
Cheese Pizza Slice(v)
Pepperoni Pizza Slice*

MONDAY	Sausage Pizza
TUESDAY	Buffalo Chicken Pizza
WEDNESDAY	Supreme Pizza
THURSDAY	Hawaiian Pizza
FRIDAY	Meatlover's Pizza



BIG-CITY BITES
Get Bites North America

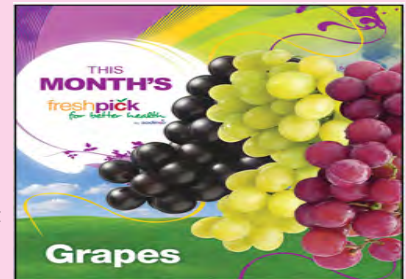
Special Menu Item Offered Every Other Monday

MONDAY	Celebrate Seattle with Chicken Teriyaki Rice Bowl
TUESDAY	WG Cheese Ravioli Square(v) with Roll and Vegetarian Beans
WEDNESDAY	Sweet & Sour WG Chicken & Brown Rice with Roasted Broccoli & Carrots
THURSDAY	Macaroni & Cheese with Aztec Corn & Black Beans
FRIDAY	Cheese Omelet(v) with Cinnamon Pinwheel



Garden Greens plus a variety of Fresh & Canned Fruits & Vegetables. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk offered with all meals.

THRIVE SIDES
OFFERED DAILY WITH LUNCH CHOICES



Daily Classic Grill Fare with Fries

*Vegetarian Burger
WG Chicken Patty Burger Spicy WG
Chicken Patty Burger Hamburger
Cheeseburger*



MONDAY	Grilled Cheese Sandwich(v)
TUESDAY	Turkey Hot Dog
WEDNESDAY	BBQ Pulled Pork Sandwich
THURSDAY	Roasted Mushroom Swiss Burger
FRIDAY	Fishstick Po' Boy Sub(v)



Check out your NEW! Fast Takes Items

*Fiesta Dip Box(v)
Classic Hummus with Flatbread(v)
Protein PowerUp Box
Deli Bento Box with Flatbread*

MONDAY	Fiesta Dip Box(v) Chef Salad with Rolls Turkey & Cheese Sub Crispy WG Chicken Wrap
TUESDAY	Strawberry Banana Parfait Cup(v) Hearty Garden Veg Salad with Rolls American Sub Chicken Caesar Wrap
WEDNESDAY	Classic Hummus Box with Flatbread(v) Crispy WG Chicken Salad with Rolls Italian Sub Buffalo Chicken Wrap
THURSDAY	Protein PowerUp Box Chicken Caesar Salad with Rolls Turkey & Cheese Sub Crispy WG Chicken Wrap
FRIDAY	Deli Bento Box with Flatbread Garden Fiesta Salad(v) with Rolls (Turkey) Ham & Cheese Sub Chicken Caesar Wrap

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Nutrition Information is available upon request.

