

21 Day Lunch Cycle Menu

Grades 9-12

Downingtown Area School District

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Buffalo Ranch Chicken Quesadilla</p> <p>Options: Homemade Cheese Quesadilla* Hawaiian Chicken Wrap</p>	<p>2</p> <p>Homemade Calzone Roasted Cauliflower</p> <p>Options: Mozzarella Stick/*Garlic Bread Chick Pea "Tuna" Salad Wrap*</p>	<p>3</p> <p>Tandoori Chicken w/ Rice</p> <p>Options: Sauteed Veggie Pot Stickers* Beef Sliders on Buns</p>	<p>4</p> <p>Grilled Cheese Sandwich* Tomato Soup</p> <p>Options: Chik'n Nuggets* Chicken filet on Bun</p>	<p>5</p> <p>Turkey Nachos/Toppings Refried Beans</p> <p>Options: Bean/Cheese Nachos* Sloppy Joes</p>
<p>6</p> <p>Chicken Fillet on a Bun Sweet Cinnamon Squash</p> <p>Options: Hot Ham and Cheese on Pretzel Roll Veggie & Hummus Wrap*</p>	<p>7</p> <p>Meatball Sub / Cheese Potato Wedges</p> <p>Options: Turkey Meatballs with Asian Sauce/Rice Bean/Cheese Nachos*</p>	<p>8</p> <p>Hot Ham and Cheese on Pretzel Roll</p> <p>Options: Sweet Lentil Chili Lettuce Cups* Mozzarella Sticks*/Garlic Bread</p>	<p>9</p> <p>Orange Chicken/Rice</p> <p>Options: Hot Ham & Cheese Croissant Veggie Burrito*</p>	<p>10</p> <p>Hot Dog Bar w/ Chili/ Cheese/Sauerkraut</p> <p>Options: Chik'n Nuggets* Hawaiian Chicken Wrap</p>
<p>11</p> <p>Crispy Fish Taco w/ Pineapple Pico</p> <p>Options: Sloppy Joes Grilled Cheese/Tomato Soup*</p>	<p>12</p> <p>Philly Cheese Steak / Fried Onions</p> <p>Options: Buffalo Breaded Chicken Wrap Chi'k Nuggets*</p>	<p>13</p> <p>Homemade Stromboli Broccoli Salad</p> <p>Options: Mozzarella Sticks*/Garlic Bread Veggie & Hummus Wrap*</p>	<p>14</p> <p>Turkey Taco Bar/Salsa Refried Beans</p> <p>Options: Bahn Mi Sandwich Lentil Tacos/Chili Sauce*</p>	<p>15</p> <p>General Tso Chicken/Broccoli /Rice</p> <p>Options: Chick Pea "Tuna" Salad Wrap* Chicken Filet on Bun</p>
<p>16</p> <p>Spicy Pulled Pork Sliders Coleslaw</p> <p>Options: Asian Vegetables w/ Tofu* Chik'n Nuggets*</p>	<p>17</p> <p>Tofu & Broccoli Fried Rice</p> <p>Options: Egg and Cheese Croissant* Turkey Meatballs with Asian Sauce/Rice</p>	<p>18</p> <p>Butter Chicken/Rice Naan Bread</p> <p>Options: Chicken Egg Roll/Fried Rice Homemade Cheese Quesadilla*</p>	<p>19</p> <p>Chicken Wings / FF Ranch Dressing</p> <p>Options: Vegetable Rolls (Roti Rolls)* Beef Sliders on Buns</p>	<p>20</p> <p>Chicken and Waffles</p> <p>Options: Fiesta Chicken Wrap Mozzarella Sticks/Garlic Bread*</p>
<p>21</p> <p>Buffalo Ranch Chicken Quesadilla</p> <p>Options: Homemade Cheese Quesadilla* Hawaiian Chicken Wrap</p>			<p>Choice of Assorted Fruit, Vegetables, and either 1% White or Fat-free Chocolate Milk with all bundled meals</p>	

Daily Options:

Burger Station *– Choice of Beef, Turkey, or Bean Burger with all the toppings (Min. 2 options, Bean Burger daily)

Salad Bar – To include an assortment of fresh greens, local vegetables and proteins (2 Protein options)

Deli Bar *– Fresh sandwich options made to order and assorted breads/rolls

Pasta Bar* – Choice of pastas, meat, and sauces (Min. 2 options)

Pizza Station* – Homemade pizzas with assorted toppings (Min. 2 options, 1 to be vegetarian)

Grab & Go Bento Box – Assorted small items “boxed” to create a meal

8 – Vegetarian Options

Name brand items or equivalent