

Daily Healthy Meals



We offer daily service with this menu. This is only for cold meals, hot meals, and snacks.

All Salads, Sandwiches, and Hot Meals Are
\$5.00

Submit your order with: **Jason Morrow**
Contact Information:

Jason Morrow
Jmorrow@tesd17.org
(623) 533-3973

For more assistance contact:
MS. MELISSA ACOSTA
DIRECTOR OF DINING SERVICES
623-256-8723
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Week 1

Cold Meals

Spinach Citrus Salad with Chicken

Spinach, Mandarins, Strawberry, Walnuts, Balsamic Vinaigrette Dressing

Caesar Chicken Salad/Wrap

Romaine Lettuce, Grilled Chicken, Caesar Dressing

Chef Salad

Mixed Greens, Ham, Turkey, Cheddar Cheese, Tomato, boiled Egg and Cucumber.

Ham and Swiss with Arugula

Smoked Virginia Ham, Tomatoes Sliced, Cheese, Arugula Lettuce Leaf

Super Foods Salads

Kale, Cucumbers, Feta, Dried Cranberries, Sunflowers Seeds, and Apple Vinaigrette

Hot Meal (Thursday Only)

Chicken Chipotle

Smoked Pulled Chicken, Fresh Cilantro with Bread.

 = Vegetarian

Week 2

Cold Meals

A la Mexicana Salad

Roasted Corn, Black Beans, Tuscan Chicken, Cilantro, Romaine Mix and Cilantro Lime Dressing

Thai Chicken Salad Romaine

Cabbage, Crispy Noodles, Cilantro, Grilled, Chicken Breast, Peanuts, and Sesame Dressing

Strawberry Fields Salad

Spring Mix, Chicken, Strawberries, Toasted Walnuts, and Balsamic Dressing

Tuna Salad, and Grain Roll

Cucumbers, Tuna Salad, Tomatoes, Slice Lettuce, Grain Roll

Greek Pasta Salad

Pasta, Tomatoes, Cucumbers, Red Onions, Olives, Feta Cheese, Greek Dressing

Hot Meal (Thursday Only)

Lean Shepard's Pie

Carrots, Broccoli, Cauliflower, Ground Beef, Yellow Onions, Tomato Sauce, Garlic, Basil, Oregano, served with Mashed Potatoes and Parmesan.



=Vegetarian

Week 3

Cold Meals

Balsamic Greens Salad

Spring Mix, Grilled Chicken, Tomatoes, Onions, Cucumber, Shaved Parmesan, Croutons, and Balsamic Vinaigrette

Anti-Pasta Turkey Ham Salad

Romaine, Turkey Ham, Olives, Red Peppers, Provolone, and Italian Dressing

Crispy Chicken Salad

Spring Mix, Cheddar Cheese, Tomatoes, Crispy Chicken Strips, Croutons, and Ranch Dressing

Mediterranean Sandwich

Romaine, Cucumbers, Olives, Tomatoes, Onions, Feta Cheese, and Hummus

BLT Ranch Wrap

Turkey Bacon, Romaine, Tomatoes, Cheddar Cheese, and Ranch Dressing

Hot Meal (Thursday Only)

Meatball Sub

Bread, Meatballs with Marinara Sauce, Mozzarella Cheese, Tomatoes.

 = Vegetarian

Week 4

Cold Meals

A la Mexicana Salad

Roasted Corn, Black Beans, Tuscan Chicken, Cilantro, Romaine Mix and Cilantro Lime Dressing

Greek Salad

Romaine, Cucumbers, Olives, Tomatoes, Onions, Feta Cheese, and Greek Dressing

Garden Salad

Romaine, Grilled Chicken, Cucumbers, Cherry Tomatoes, Red Onions, Carrots, Croutons, and Choice of Dressing

Chopped Salad

Romaine, Diced Tomatoes, Cucumbers, Red Onions, Turkey Bacon, Cheddar Cheese, and Balsamic Vinaigrette

Buffalo Ranch Chicken Wrap

Grilled Chicken, Romaine, Cheddar Cheese, Buffalo Sauce, and Ranch Dressing

Hot Meal (Thursday Only)

BBQ Sandwich Chicken

Pulled Chicken, Red Onions, White Cheese, Crispy Fried Onions, and BBQ Sauce

 = Vegetarian

Snacks

Bottled Water \$ 1.00

Smoothie (Naked Juice) \$4.50 

Fruit Cup \$1.50 

Yogurt Parfait \$2 

Overnight Oatmeal \$4 

With Fresh Fruit and Sliced Almonds

Warmed Oatmeal \$4 

with Raisins, Brown Sugar, and Cinnamon on the side 4oz

Protein Box \$4

1 Hard Boiled Egg, Grilled Chicken, and Fresh Vegetables

Energy Bites 2 for \$2 

Creamy Peanut butter, Sweet Honey, Hearty Oats, Crunchy Graham Cracker Crumbles, Chocolate Chips, and Dried Cranberries

 = Vegetarian