

LUNCH

MENU SUBJECT TO CHANGE
 BASED ON AVAILABILITY
 GF-GLUTEN FREE
 DF-DAIRY FREE
 PB-PLANT BASED

Monday

Tuesday

Wednesday

Thursday

Friday

1
 BAKED POTATO BAR
 CHEESE & GREEN CHILE TAMALE
 BLACK BEAN, CORN & SALSA SALAD
 FRESH SEASONAL FRUIT

2
 RAMEN NODDLE SOUP
 (WITH CHICKEN & TOPPINGS)
 SOURDOUGH GRILLED CHEESE
 FRESH SEASONAL FRUIT

3
 ASSORTED PIZZAS
 MEAT & VEGETARIAN
 GF/DF PIZZA
 CHICKEN CEASAR SALAD
 FRESH SEASONAL FRUIT

4
 CHEESEBURGER
 NITRATE FREE BEEF HOT DOG
 VEGETARIAN BURGER
 (LETTUCE/TOMATO/PICKLES)
 BAKED FRENCH FRIES
 FRESH SEASONAL FRUIT

5
 BONELESS CHICKEN WINGS
 ROASTED SWEET POTATOES
 FRESH GREEN BEANS
 CASHEW CRUNCH SALAD
 FRESH SEASONAL FRUIT

8
 BAJA FISH TACOS
 CARNITAS TACOS
 CABBAGE SLAW/ SALSA FRESCA
 CORN TORTILLAS
 SOUTHWEST SALAD
 FRESH SEASONAL FRUIT

9
 PASTA BOLONAISE
 BAGUETTE W/BUTTER
 VEGGIE PASTA BOWL
 W/ SUNDRIED
 TOMATO & PEAS
 ITALIAN LEAFY GREENS
 FRESH SEASONAL FRUIT

10
 ASSORTED PIZZAS
 MEAT & VEGETARIAN
 GF/DF PIZZAS
 WINTER SALAD
 YOGURT & FRUIT PARFAIT
 FRESH SEASONAL FRUIT

11
 CHICKEN & MOZARELLA
 SANDWICH
 MARINARA DIPPING SAUCE
 CHICKEN POSOLE
 (CABBAGE, LEMON, OREGANO)
 TORTILLA CHIPS
 VEGGIE STICKS
 FRESH SEASONAL FRUIT

12
 MEAT BALL SUB
 LEAFY GREEN SALAD
 CHICKEN, BACON, RANCH WRAP
 (TOMATO, ROMANE)
 VEGGIE AVOCADO WRAP
 FRESH SEASONAL FRUIT

15
 CHICKEN & CHEESE ENCHILADA
 REFRIED BEANS
 SPICY CHICKEN BURGER
 SWEET POTATO FRIES
 FRESH SEASONAL FRUIT

16
 ROASTED BBQ OR
 HABANERO CHICKEN
 ROASTED GREEN BEANS &
 BUTTERNUT SQUASH
 MAC & CHEESE
 HARVEST ROLL & PLANT BUTTER
 FRESH SEASONAL FRUIT

17
 PHILLY STEAK SANDWICH
 W/ BELL PEPPERS & MUSHROOMS
 TURKEY CRANBERRY WRAP
 BAKED POTATO WEDGES
 FRESH SEASONAL FRUIT

18
 CHICKEN NOODLE OR TOM
 HOMEMADE SOUP
 W/GRILLED CHEESE ON
 SOURDOUGH BREAD
 RAINBOW CARROTS
 FRESH SEASONAL FRUIT

19
 ASSORTED BISTRO
 SANDWICHES
 SPINACH SALAD
 W/ BACON, EGG
 WALNUTS & CRANBERRIES
 FRESH SEASONAL FRUIT

22
 WINTER
 BREAK

23
 WINTER
 BREAK

24
 WINTER
 BREAK

25
 WINTER
 BREAK

26
 WINTER
 BREAK

29
 WINTER
 BREAK

30

31
 WINTER
 BREAK



ALL MEALS ARE SERVED WITH 1% MILK, OR MILK SUBSTITUTION, 100% WHOLE GRAINS, FRESH FRUIT AND VEGGIES
 ALL MEALS ARE FREE TO STUDENTS
 ADULT MEAL PRICE IS \$6.50 (COMES WITH BOTTLED WATER OR MILK)

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