

**MIDDLE/HIGH SCHOOL LUNCH OPTIONS**

**Sandwich Variety: Sandwiches will be on a Kaiser Roll**

1. **Homemade Tuna**
2. **Deli Turkey**
3. **American Cheese**
4. **Hummus on Flat Bread W/ Cucumber Slices /Offered Tuesday thru Friday**
5. **Homemade Chicken Salad/ Offered Tuesday thru Friday**
6. **Wow Butter W/Jelly**
7. **Bagel (Plain, Buttered or Cream Cheese)**

All Sandwiches are served on a Kaiser Roll

**Salads: Are offered plain or with Protein**

**Homemade Salads are made with three types of lettuce (Romaine, Iceberg and Red leaf)**

**Veggie Wrap (Lettuce, Tomato, Shredded Carrots, and Red Peppers)**

**Burritos:**

1. **Chicken**
2. **Vegetarian**

**Hot Lunch Alternative: One option offered each day**

<b>November 30</b>	<b>White Meat Chicken with Baked Curley Fries</b>
<b>December 1</b>	<b>Grilled Cheese</b>
<b>December 2</b>	<b>Taco w/ soft shells only</b>
<b>December 3</b>	<b>Chicken with Broccoli &amp; Rice</b>
<b>December 4</b>	<b>Cheese Calzone</b>