

MONDAY

2

Breakfast for Lunch

Fluffy Pancakes
with Sausage Patty
Bacon Cheeseburger
Cinnamon Sweet Potatoes

TUESDAY

3

Loaded Tots
with Buttermilk Biscuit
Chicken Tenders
with Dinner Roll
Tater Tots

WEDNESDAY

4

Spaghetti & Meatballs
with Garlic Breadstick
Pizza Bagel
Roasted Broccoli

THURSDAY

5

Chicken & Waffles
Cheese Quesadilla
with Salsa
Homestyle Baked Beans

FRIDAY

6

French Bread Pizza
Cheese or Pepperoni
Hot Ham & Cheese Sliders
Parmesan Green Beans

12/2-12/6: Italian Sub, Southern-Style Crispy Chicken Salad with Corn Muffin, Pretzel Boat and PB & J Offered Daily

9

Mozzarella sticks w/ marinara sauce
Eagle Burger
Sweet Potato Wedges

10

Poppin Popcorn Chicken
with Dinner Roll
Grilled Pretzel Melt
Baked French Fries

11

Penne Pasta
with Italian Meatsauce
Chicken Patty Sandwich
Caesar Side Salad

12

Nacho Supreme
with Meat, Cheese & Salsa
Chicken Nuggets
with Soft Pretzel Stick
Southwest Black Beans

13

Pizza
Cheese or Pepperoni
Corn Dog
Steamed Peas

12/9-12/13: Turkey & Cheese Sub, Garden Salad with Cheese & Roll, Yogurt Bag and PB & J offered daily

16

Stuffed Breadsticks
with Marinara Sauce
Mini Cheeseburger Sliders
Citrus Glazed Carrots

17

Chicken in a Basket
with Buttermilk Biscuit
Hot Diggity Dog
Waffle Fries

STICKER DAY

18

Old Fashioned Mac & Cheese
with Dinner Roll
Chicken Parm Sandwich
Steamed Broccoli &
Stewed Tomatoes

19

Twin Tacos with Rice,
Cheese, Lettuce, Tomato, & Salsa
Pulled BBQ Sandwich
Roasted Chickpeas

20

EARLY DISMISSAL
Mini Personal Pizza
Grilled Cheese with Tomato Soup
Steamed Green Beans

12/16-12/20: Ham & Cheese Sub, Turkey Club Salad with Roll, Bagel Bag and PB & J offered daily

23

WINTER
BREAK

24

WINTER
BREAK

25

WINTER
BREAK

26

WINTER
BREAK

27

WINTER
BREAK

Lunch Prices Paid \$2.95 Reduced \$.40

30

WINTER
BREAK

31

WINTER
BREAK

Thrive Garden Bar
Monday: Carrot Sticks
Tuesday: Chilled Corn Salad
Wednesday: Romaine Salad
Thursday: Bean Salad & Carrots
Friday: Celery Sticks

All lunches include a variety of
fresh fruit, chilled fruit cup and
choice of milk
(Skim, 1%, Fat Free Chocolate)



Menu Subject to Change

This institution is an equal opportunity provider.

Supporting Achievement

Students achieve their best when they are attentive and ready to learn. If children are tired, hungry or uncomfortable, it makes learning more difficult. We can all help support the achievement process by remembering some basic numbers: 5,4,3,2,1 + 8. These numbers represent the basic essentials that are needed to support student achievement in the classroom. The numbers refer to: 5 servings of fruits and vegetables, 4 glasses of water, 3 good laughs, no more than 2 hours of screen time, 1 hour of physical activity and 8 hours (or more) of sleep.

The proper combination of good nutrition, hydration, physical activity and sleep, coupled with a dose of laughter, is powerful.

Kicking off the day with a healthy breakfast that includes fruits is a perfect start to consuming 5 servings of fruits and vegetables daily. In addition, substituting water with flavor-infused fruit instead of soda or other sweetened beverages not only offers another fun way to add fruit to the diet, but it also supports hydration. Being physically active every day helps relieve stress, improve concentration and boost energy levels, thus improving focus in the classroom. Finally, anything less than 8 hours of sleep can cause children, and adults, to be less attentive throughout the day, retain less information and struggle to learn as compared to others who get the proper amount of sleep each night. Remember the 5, 4, 3, 2, 1 + 8 rule to help make student health and achievement part of your family's routine.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

www.liftoffplayground.com

BREAKFAST

Breakfast includes: entree', 1% or skim milk or fat free chocolate milk and fresh fruit or 100% juice.
Breakfast prices: Paid \$1.40 Reduced \$0.30

MONDAY: Sandwiches on bun: 12/2 Bacon, egg & cheese; 12/9 Pork roll, egg & cheese; 12/16 Ham, egg & cheese
Mini Waffles
Chocolate Crescent

TUESDAY: Sandwiches on English Muffin: 12/3 sausage, egg & cheese; 12/10 bacon, egg & cheese; 12/17 pork roll, egg & cheese
Breakfast Pizza
Apple Frudel

WEDNESDAY: Sandwiches on biscuit: 12/4 egg & cheese; 12/11 sausage, egg & cheese; 12/18 bacon, egg & cheese
Min Pancakes
Cherry Frudel

THURSDAY: Sandwiches on bagel: 12/5 Ham, egg & cheese; 12/12 egg & cheese; 12/19 sausage, egg & cheese
Breakfast Pizza
Cini Minis

FRIDAY: Breakfast wraps: 12/6 pork roll, egg & cheese; 12/13 ham, egg & cheese; 12/20 egg & cheese
French Toast
Banana Bread

Available Daily: assorted whole-grain pop tarts, cereal and muffins, bagel & cream cheese and yogurt w/ graham crackers.

Fresh Pick Recipe

CRANBERRY CORNBREAD DRESSING

- 4 cups cornbread, cut into large croutons
- 1 lb sausage, cooked and drained (optional)
- 1 tablespoon olive oil
- 1/2 cup onions, small dice
- 1/2 cup celery, sliced
- 1 medium apple, chopped
- 1 cup cranberries
- 1 teaspoon thyme
- 1 1/2 cups chicken broth
- salt and pepper, to taste

1. Slice cornbread into large croutons. Place on baking sheet and put in 350 degree oven for 15 minutes until crispy.
2. In medium pan, heat the olive oil and sauté onions and celery for 3 minutes.
3. Add apples and cranberries to the pan and sauté for 3 more minutes.
4. Spray a large casserole dish with oil. Place cornbread into dish and top with the cooked sausage if using.
5. Prepare all ingredients as directed and mix in a bowl.
6. With a slotted spoon, distribute the cranberry mixture on top.
7. Spoon enough of the broth onto the dish to moisten the cornbread.
8. Cover casserole dish and place in 350 degree oven for 30 minutes.



Questions about your child's account or menu?

Please call Colleen Lillich, Director of Food Service 856-767-2850 x7613

Ray Watkins, Food Service Manager, 856-767-2850 x 7607

Send in cash or check payable to Winslow Lunch Room in a labeled envelope with your child's name, teacher's name and lunch account money.

THIS WEEK'S WORLD OF FLAVOR CELEBRATES THE CULTURE AND CUISINE OF AMERICAN REGIONAL.



EXTRAS

A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. This week's features include: carrot sticks, chilled corn, side salad, caesar salad, chic peas, french fries, sweet potato wedges, veggie sticks

FAST TAKES

**IN A HURRY,
NO WORRY!**

OFFERED DAILY

Chef Salad, Chicken Caesar Wrap,
Turkey and Cheese, Ham and Cheese,
Italian **or** Hummus



Fresh Baked
Bread Offered Daily
with Salad



CHECK THIS OUT!

Southwest BBQ chicken salad or sub on a freshly baked roasted garlic roll layered with cheddar cheese, crispy peppers and onions.

DELI

EVERYDAY SELECTIONS

Custom Subs with a Variety of Cheeses,
Fresh Baked Breads and Premium Sauces

OTHER DAILY OPTIONS

Hummus



TRY THIS ONE!

Southwest BBQ chicken salad or sub on a freshly baked roasted garlic roll layered with cheddar cheese, crispy peppers and onions.

GRILL

EVERYDAY SELECTIONS

Classic Hamburger
Crispy Chicken Sandwich

Monday Corn Dog

Tuesday Rib-B-Que

Wednesday Toasted Cheese Sandwich

Thursday Hot Dog

Friday Chicken Tender Sandwich

Toppings

Sliced Cheddar Cheese
Sliced Pepper Jack Cheese
Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles

Offered with
Veggie Sticks
or French Fries

PIZZA

EVERYDAY SELECTIONS

Cheese Pizza

M/W/F: Pepperoni, Tu: Sausage, Th: Hawaiian

DAILY PASTA OPTIONS

Cheddar Mac and Cheese



Fresh Baked
Bread Offered Daily
with Pasta



SHAKE IT UP!

Southwest BBQ chicken pizza layered with roasted peppers, onions, diced tomatoes, fresh scallions and a smoky BBQ sauce.

TASTE

*
by **sodexo**



KICK IT UP A NOTCH

By adding one of our World of Flavor specialty sauces.

Buffalo Ranch Sauce

Buttermilk ranch dressing blended with cayenne pepper sauce.

Banana Pepper Sauce

A spicy mixture of sliced banana peppers and cayenne pepper sauce blended with buttermilk ranch dressing.

Creamy Sriracha

Mayonnaise infused with spicy sriracha chili sauce.

Garlic Parmesan

Mayonnaise blended with grated Parmesan cheese, mustard, garlic and creamy Greek yogurt.

This week in

ADVENTURE



Choice of: Lo Mein Noodles, Steamed Brown Rice or Oven Fried Brown Rice

EVERYDAY SELECTIONS

Sweet & Sour Chicken

Monday Teriyaki Beef

Tuesday General Tso Chicken

Wednesday Spicy Orange Chicken

Thursday Teriyaki BBQ

Friday Creamy Sriracha Chicken

Choice of Side: Sesame Roasted Carrots or Roasted Broccoli

THIS WEEK'S WORLD OF FLAVOR CELEBRATES THE CULTURE AND CUISINE OF AMERICAN REGIONAL.



EXTRAS

A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. This week's features include: carrot sticks, chilled corn, side salad, caesar salad, chic peas, french fries, sweet potato wedges, veggie sticks

FAST TAKES

**IN A HURRY,
NO WORRY!**

OFFERED DAILY

Chef Salad, Chicken Caesar Wrap, Turkey and Cheese, Ham and Cheese, Italian or Hummus



Fresh Baked Bread Offered Daily with Salad



CHECK THIS OUT!

Southern-style crispy chicken salad or wrap stuffed with popcorn chicken, cheddar cheese, diced tomatoes, bell peppers and chopped bacon.

DELI

EVERYDAY SELECTIONS

Custom Subs with a Variety of Cheeses, Fresh Baked Breads and Premium Sauces

OTHER DAILY OPTIONS

Hummus

Toppings

Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles



TRY THIS ONE!

Southern-style crispy chicken salad or wrap stuffed with popcorn chicken, cheddar cheese, diced tomatoes, bell peppers and chopped bacon.

GRILL

EVERYDAY SELECTIONS

Classic Hamburger
Crispy Chicken Sandwich

Monday Corn Dog

Tuesday Rib-B-Que

Wednesday Toasted Cheese Sandwich

Thursday Hot Dog

Friday Chicken Tender Sandwich

Toppings

Sliced Cheddar Cheese
Sliced Pepper Jack Cheese
Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles

Offered with Veggie Sticks or French Fries

PIZZA

EVERYDAY SELECTIONS

Cheese Pizza

M/W/F: Pepperoni, Tu: Sausage, Th: Hawaiian

Offered with Toasted Garlic Caesar Salad

DAILY PASTA OPTIONS

Spaghetti & Meat Sauce



Fresh Baked Bread Offered Daily with Pasta



SHAKE IT UP!

Hawaiian pizza layered with shredded mozzarella cheese and topped with ham, pineapple and fresh scallions.

TASTE

*
by **sodexo**

KICK IT UP A NOTCH

By adding one of our World of Flavor specialty sauces.

Buffalo Ranch Sauce

Buttermilk ranch dressing blended with cayenne pepper sauce.

Banana Pepper Sauce

A spicy mixture of sliced banana peppers and cayenne pepper sauce blended with buttermilk ranch dressing.

Creamy Sriracha

Mayonnaise infused with spicy sriracha chili sauce.

Garlic Parmesan

Mayonnaise blended with grated Parmesan cheese, mustard, garlic and creamy Greek yogurt.



This week in ADVENTURE



EVERYDAY SELECTIONS

Cheddar Mac or Alfredo Mac

Monday BBQ Mac or Tuscan Veggie Mac

Tuesday Southwesterner Mac or Pomodoro Mac

Wednesday BBQ Mac or Tuscan Veggie Mac

Thursday Southwesterner Mac or Pomodoro Mac

Friday BBQ Mac or Tuscan Veggie Mac

Served with a Cinnamon Breadstick!

Choose you side... Caesar Salad or Tomato Cucumber Salad

WEEK OF DECEMBER 9, 2019

WINSLOW TOWNSHIP HIGH SCHOOL

Additional nutrition information available upon request.
This institution is an equal opportunity provider.

Lunch Prices: Paid \$3.00
Reduced \$4.00

THIS WEEK'S WORLD OF FLAVOR CELEBRATES THE CULTURE AND CUISINE OF NORTHEAST ASIA.



EXTRAS

A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. This week's features include: carrot sticks, chilled corn, side salad, caesar salad, chic peas, french fries, sweet potato wedges, veggie sticks

FAST TAKES

IN A HURRY,
NO WORRY!

OFFERED DAILY

Chef Salad, Chicken Caesar Wrap, Turkey and Cheese, Ham and Cheese, Italian or Hummus



Fresh Baked Bread Offered Daily with Salad



CHECK THIS OUT!

Sesame ginger chicken salad or sub on an Asian ginger sub roll; topped with pineapple salsa.

DELI

EVERYDAY SELECTIONS

Custom Subs with a Variety of Cheeses, Fresh Baked Breads and Premium Sauces

OTHER DAILY OPTIONS

Hummus

Toppings

Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles



TRY THIS ONE!

Sesame ginger chicken salad or sub on an Asian ginger sub roll; topped with pineapple salsa.

GRILL

EVERYDAY SELECTIONS

Classic Hamburger
Crispy Chicken Sandwich

Monday Corn Dog

Tuesday Rib-B-Que

Wednesday Toasted Cheese Sandwich

Thursday Hot Dog

Friday Chicken Tender Sandwich

Toppings

Sliced Cheddar Cheese
Sliced Pepper Jack Cheese
Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles

Offered with Veggie Sticks or French Fries

PIZZA

EVERYDAY SELECTIONS

Cheese Pizza

M/W/F: Pepperoni, Tu: Sausage, Th: Hawaiian

DAILY PASTA OPTIONS

Alfredo Mac and Cheese



Fresh Baked Bread Offered Daily with Pasta



SHAKE IT UP!

Sesame ginger chicken pizza topped with pineapple salsa, mozzarella cheese, chopped cilantro and Korean Gochujang Sauce.

TASTE

by **sodexo**

KICK IT UP A NOTCH

By adding one of our World of Flavor specialty sauces.

Korean Gochujang Sauce

Korean pepper paste combined with Greek yogurt, lime juice and cilantro and blended until smooth.

Teriyaki Mayo Sauce

A teriyaki glaze combined with mayo, Greek yogurt and cilantro.

Creamy Sriracha

Mayonnaise infused with spicy sriracha chili sauce.

Garlic Parmesan

Mayonnaise blended with grated Parmesan cheese, mustard, garlic and creamy Greek yogurt.



This week in

ADVENTURE



Choice of: Tortilla Chips, 6" & 10" Tortilla, Cilantro Lime Rice or Taco Salad Bowl

EVERYDAY SELECTIONS

Taco Beef or Cheddar Cheese Sauce

Monday Carnitas served with Refried Beans or Aztec Corn

Tuesday Fajita Chicken served with Mexican Black Beans or Aztec Corn

Wednesday Carnitas served with Refried Beans or Aztec Corn

Thursday Fajita Chicken served with Black Beans or Aztec Corn

Friday Carnitas served with Refried Beans or Aztec Corn

THIS WEEK'S WORLD OF FLAVOR CELEBRATES THE CULTURE AND CUISINE OF NORTHEAST ASIA.



EXTRAS

A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. This week's features include: carrot sticks, chilled corn, side salad, caesar salad, chic peas, french fries, sweet potato wedges, veggie sticks

FAST TAKES

**IN A HURRY,
NO WORRY!**

OFFERED DAILY

Chef Salad, Chicken Caesar Wrap, Turkey and Cheese, Ham and Cheese, Italian or Hummus



Fresh Baked Bread Offered Daily with Salad



CHECK THIS OUT!

Teriyaki chicken salad or sub on a freshly baked ginger sub roll with Teriyaki chicken, red and green bell peppers; topped with a spicy pineapple slaw.

DELI

EVERYDAY SELECTIONS

Custom Subs with a Variety of Cheeses, Fresh Baked Breads and Premium Sauces

OTHER DAILY OPTIONS

Hummus

Toppings

Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles



TRY THIS ONE!

Teriyaki chicken salad or sub on a freshly baked ginger sub roll with Teriyaki chicken, red and green bell peppers; topped with a spicy pineapple slaw.

GRILL

EVERYDAY SELECTIONS

Classic Hamburger
Crispy Chicken Sandwich

Monday Corn Dog

Tuesday Rib-B-Que

Wednesday Toasted Cheese Sandwich

Thursday Hot Dog

Friday Chicken Tender Sandwich

Toppings

Sliced Cheddar Cheese
Sliced Pepper Jack Cheese
Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles

Offered with Veggie Sticks or French Fries

PIZZA

EVERYDAY SELECTIONS

Cheese Pizza

M/W/F: Pepperoni, Tu: Sausage, Th: Hawaiian

DAILY PASTA OPTIONS

Cheddar Mac and Cheese



Fresh Baked Bread Offered Daily with Pasta



SHAKE IT UP!

Teriyaki chicken pizza topped with diced red and green bell peppers, shredded mozzarella, teriyaki chicken and scallions.

TASTE

by **sodexo**

KICK IT UP A NOTCH

By adding one of our World of Flavor specialty sauces.

Korean Gochujang Sauce

Korean pepper paste combined with Greek yogurt, lime juice and cilantro and blended until smooth.

Teriyaki Mayo Sauce

A teriyaki glaze combined with mayo, Greek yogurt and cilantro.

Creamy Sriracha

Mayonnaise infused with spicy sriracha chili sauce.

Garlic Parmesan

Mayonnaise blended with grated Parmesan cheese, mustard, garlic and creamy Greek yogurt.

This week in

ADVENTURE



Pulled BBQ Meat

Have it on a Hamburger Roll or Tortilla Chips!

ADD SAUCE!

Classic BBQ, Carolina BBQ or Asian Sweet Chili

PICK A SIDE!

BBQ Baked Beans
or
Blue Ribbon Slaw

Winslow Township Middle School

December 2 - December 6

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



A MINIMUM OF 6 SIDES
OFFERED DAILY WITH
LUNCH CHOICES

Monday: Baby Carrots Tuesday: Chilled Corn Wednesday:
Romaine salad Thursday: carrots/bean salad Friday: Celery
sticks

Low Fat or Fat Free Milk included with all meals.

Lunch Prices: \$3.00 Reduced \$.40

Daily Special



MONDAY	Fluffy Pancakes w/ sausage Cinnamon Sweet Potatoes	V
TUESDAY	Tot Triple Dipper Tater Tots	
WEDNESDAY	Spaghetti w/ meatballs Roasted Broccoli	V
THURSDAY	Chicken & Waffles Baked Beans	
FRIDAY	Hot Ham & Cheese Sliders Parmesan Green Beans	

Everday

Cheeseburger

Chicken Patty



MONDAY	Bacon Cheeseburger
TUESDAY	Meatball Sandwich
WEDNESDAY	Pizza Bagel
THURSDAY	Hot Dog
FRIDAY	Cheese Steak



Everyday

Turkey and Cheese Sub

*Ham & Cheese Sub
Italian Sub*

MONDAY	Tuna Salad Sub	V
TUESDAY	Turkey Club Sub	
WEDNESDAY	Buffalo Chicken Wrap	
THURSDAY	Turkey Club Sub	
FRIDAY	Chicken Caesar Wrap	



Everyday

Cheese

Pepperoni

MONDAY	Meatlovers	V
TUESDAY	Veggie Pizza	V
WEDNESDAY	Buffalo Chicken	
THURSDAY	Sausage	
FRIDAY	Cheese Steak Pizza	



Everyday

Chicken Caesar Salad

Garden Salad

MONDAY	Buffalo Chicken Salad	V
TUESDAY	Tuna Salad	
WEDNESDAY	Chef Salad	
THURSDAY	Fiesta Salad	
FRIDAY	Turkey Club Salad	

V Vegetarian

SP Smart Pick

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium & calories.

*This institution is an equal
opportunity provider.*

Winslow Township Middle School

December 9 - December 13

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



A MINIMUM OF 6 SIDES
OFFERED DAILY WITH
LUNCH CHOICES

Monday: Baby Carrots Tuesday: Chilled Corn Wednesday:
Romaine salad Thursday: carrots/bean salad Friday: Celery
sticks

Low Fat or Fat Free Milk included with all meals.

Lunch Prices: \$3.00 Reduced \$.40

Daily Special



MONDAY	Mozzarella Sticks w/ marinara Sweet Potato Wedges	V
TUESDAY	Pop Corn Chicken Dipper French Fries	
WEDNESDAY	Penne Pasta w/ meatsauce Caesar side salad	V
THURSDAY	Nachos Supreme Southwest Black Beans	
FRIDAY	Corn Dog Steamed Peas	

Everday

Cheeseburger

Chicken Patty



MONDAY	Eagle Burger
TUESDAY	Meatball Sandwich
WEDNESDAY	Grilled Chicken sandwich
THURSDAY	Hot Dog
FRIDAY	Cheese Steak



Everyday

Turkey and Cheese Sub

*Ham & Cheese Sub
Italian Sub*

MONDAY	Tuna Salad Sub	V
TUESDAY	Turkey Club Sub	
WEDNESDAY	Buffalo Chicken Wrap	
THURSDAY	Turkey Club Sub	
FRIDAY	Chicken Caesar Wrap	



Everyday

Cheese

Pepperoni

MONDAY	Meatlovers	V
TUESDAY	Veggie Pizza	V
WEDNESDAY	Buffalo Chicken	
THURSDAY	Sausage	
FRIDAY	Cheese Steak Pizza	



Everyday

Chicken Caesar Salad

Garden Salad

MONDAY	Buffalo Chicken Salad	V
TUESDAY	Tuna Salad	
WEDNESDAY	Chef Salad	
THURSDAY	Fiesta Salad	
FRIDAY	Turkey Club Salad	

V Vegetarian
SP Smart Pick

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Winslow Township Middle School

December 16 - December 20

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



A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Monday: Baby Carrots Tuesday: Chilled Corn Wednesday: Romaine salad Thursday: carrots/bean salad Friday: Celery sticks

Low Fat or Fat Free Milk included with all meals.

Lunch Prices: \$3.00 Reduced \$.40

Daily Special



MONDAY	Stuffed Breadsticks w/ sauce Glazed Carrots	V
TUESDAY	Boneless Chicken Dipper Waffle Fries	
WEDNESDAY	Old fashion Mac & cheese w/ dinner roll Steamed Broccoli & Stewed tomatoes	V
THURSDAY	Twin Tacos Roasted Chic Peas	
FRIDAY	Grilled Cheese w/ tomato soup Green Beans	

Everday

Cheeseburger

Chicken Patty



MONDAY	Pizza Burger
TUESDAY	Meatball Sandwich
WEDNESDAY	Chicken BLT sandwich
THURSDAY	Hot Dog
FRIDAY	Cheese Steak



Everyday

Turkey and Cheese Sub

*Ham & Cheese Sub
Italian Sub*

MONDAY	Tuna Salad Sub	V
TUESDAY	Turkey Club Sub	
WEDNESDAY	Buffalo Chicken Wrap	
THURSDAY	Turkey Club Sub	
FRIDAY	Chicken Caesar Wrap	



Everyday

Cheese

Pepperoni

MONDAY	Meatlovers	V
TUESDAY	Veggie Pizza	V
WEDNESDAY	Buffalo Chicken	
THURSDAY	Sausage	
FRIDAY	Cheese Steak Pizza	



Everyday

Chicken Caesar Salad

Garden Salad

MONDAY	Buffalo Chicken Salad	V
TUESDAY	Tuna Salad	
WEDNESDAY	Chef Salad	
THURSDAY	Fiesta Salad	
FRIDAY	Turkey Club Salad	

V Vegetarian
SP Smart Pick

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium & calories.

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