



## Hot Lunch Entrees

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| <b>Mon</b>  | <b>Tortellini</b> (Four cheese tortellini served with choice of all natural marinara sauce, pesto or olive oil and parmesan cheese)<br><b>Spaghetti and Meatballs/Veg-Meatballs</b> (Spaghetti and homemade meatballs (Veg-option) served in an all natural tomato sauce)<br><b>Meatball Grinder</b> (Homemade meatball grinder (Veg-option) served on a French roll with marinara sauce and mozzarella cheese) |
| <b>Tues</b> | <b>Hamburger/Gardenburger</b> (All natural hamburger or Morningstar Gardenburger served w/choice of bun and condiments)<br><b>Hot Dog</b> (Applegate Organic Hot Dogs served on a choice of bun and condiments)<br><b>BBQ Pulled Pork with baked sweet potato fries (Southern slowed cooked all natural pork in a sweet bbq sauce)</b>  |
| <b>Wed</b>  | <b>Chicken Tenders</b> (All natural chicken tenders served w/healthy grain)<br><b>ChickenLess Tenders</b> (Morningstar vegetarian chicken nuggets served w/healthy grain)<br><b>Macaroni &amp; Cheese</b> (Annie's Style white cheddar cheese)<br><b>Philly Cheesesteak</b> (A classic, thinly sliced all natural beef and American cheese on a roll w/choice of pepper & onions)                               |
| <b>Thur</b> | <b>Burrito (Custom)</b> (Burrito to order: pick type of tortilla with optional beans (black, refried or pinto), cheese and chicken)<br><b>Quesadilla (Cheese or BBQ Chicken)</b> quesadilla chicken served with Spanish rice)<br><b>Chicken or Vegetarian Enchiladas (Authentic chix or veg (potato) enchilada in organic corn tortillas w/red sauce)</b>   |
| <b>Fri</b>  | <b>Grilled Cheese (&amp; Ham) Sandwich</b> (Blend of American, cheddar & Monterey jack cheeses w/a sweet potato & carrot spread)<br><b>Chicken Apple Sausage Grinders</b> (Aidell's all natural chicken apple sausages served on traditional or multigrain hot dog bun)<br><b>Vegetarian Lasagna (Classic lasagna made with ricotta and mozzarella cheeses and tomato sauce)</b>                                |

### \*\*\* OFFERED DAILY\*\*\*

**Fish Sticks** (All natural fish sticks served w/rice; Gluten Free available when ordering)

**Tamales** (Pumpkin & White Cheddar Cheese, BBQ Chipotle Bean w/White Cheddar, Black bean, cheese & corn (Vegan Option available))

**Pasta** (Pasta served w/ choice of marinara sauce, pesto or olive oil & parmesan cheese)

#### Savory and Warm Hand Held Pot Pies:

**Spinach Feta Cheese** (fresh steamed spinach with jack, feta cheese and egg)

**Curried Potato Yam** (Roasted red potatoes, yams, scallions and fresh curry powder)

**Moroccan Lentil** (Lentils sautéed with sweet onions, cumin, and other spices)

**Ham and Cheese** (Scrambled Eggs, jack cheese, caramelized onion and smoked ham)

**Chicken Pot Pie** (All natural chicken, mixed with roasted potatoes, onion, celery, carrot, peas, and fresh dill)

**Basque Beef** (Ground beef in a flavorful tomato sauce with veggies and roasted potatoes)

## Cold Lunch Entrees(\*\*Offered Daily\*\*)

### Sandwiches & Wraps

**Deli Sandwiches (All natural, Nitrate-free)** (Ham and salami, roast beef, roast turkey, Veg salami, Veg-turkey w/condiments of choice)

**Tuna Fish or Egg Salad Sandwiches** (Chunk light tuna fish or Cage Free Eggs w/mayonnaise served w/ condiments of choice)

**Cheese Sandwich** (Monterey, cheddar or cream cheese sandwich served w/ condiments of choice)

**Chicken or Tofu Teriyaki Roll up** (Teriyaki chicken or Soy Deli tofu in a tortilla w/ rice and choice of tortilla and optional mixed vegetables)

### Salads & Grains

**Veggie Sushi** (mix and max selection of avocado, carrot, cucumber, tofu, plain rice, tamago (egg))

**Sesame Noodles** (Chow Mein noodles served in a sesame dressing with optional stir-fry veggies (edamame, shredded carrots) and honey sesame tofu)

**Pesto Pasta Salad** (Basil pesto served with shell pasta)

**(Chicken) Caesar Salad** (Hearts of romaine served with shredded parmesan cheese, crunchy croutons and Caesar dressing; Chicken optional)

**Chinese Chicken/less Salad** (Lettuce, cabbage, edamame, carrots, mandarins, sesame sticks, choice of chicken or tofu, sesame vinaigrette)

### Old Standbys

**Yogurt Parfait** (Organic vanilla or strawberry yogurt served with choice of dried fruits, honey, fresh banana slices and granola)

**Cheese Pizza - Cold** (Organic brick oven – thin crust cheese pizza served cool to room temperature)

**Bagel & Lox Spread** (Bagel of choice served with smoked salmon cream cheese)

**Bagel** (Bagels and condiments of choice, including strawberry cream cheese)

## Lunch Sides (\*\*Offered Daily\*\*) (Select any 2 per lunch; 3<sup>rd</sup> side optional)

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| <b>Organic Fruits &amp; Veggies</b><br>Pear<br>Apple<br>Oranges (sliced)<br>Banana<br>Edamame (Soybeans, in the pod)<br>Carrots w/dips<br>Sugar Snap Peas w/dips<br>Cucumbers w/dips<br>Nori strips<br>Crunchy Dried Soy Green Beans<br>Just Veggies Freeze dried veggies | <b>Dairy</b><br><b>Cheese &amp; crackers</b><br><b>Mozzarella or Cheddar Cheese Sticks</b><br><b>Hard Boiled Egg</b> (Cage free peeled)<br><b>Yogurt tubes</b> (organic blueberry or strawberry)<br><b>Chips</b><br><b>Popcorn</b><br><b>Pretzels</b><br><b>Pirate Booty</b> (puffed rice & corn snack)<br><b>Kettle Bakes Potato Chips</b><br><b>Annie's Ranch Bunny Crackers</b><br><b>Tortilla Chips (100% corn)</b> | <b>Desserts</b><br><b>Organic Cinnamon Applesauce</b><br><b>Sunflower Crunch</b><br><b>Trail Mix</b> (Pumpkin, sunflower seeds, cranberries, yogurt raisins, sesame stix)<br><b>Organic Raisins</b><br><b>Dried Apricots</b><br><b>Fig Newman's</b><br><b>Chocolate chip cookies</b> (Brent & Sam's all natural)<br><b>Newman's Cookie O's</b> (All natural Oreo cookie)<br><b>Annie's Bunny Grahams</b><br><b>Kozy Shack all natural vanilla or chocolate pudding</b><br><b>Assorted Fruit Strips</b> |
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**Drinks (Optional):** Milk (Choc/Soy/Organic), Bottled & Mineral Water IZZE'S sparkling juice: Pomegranate, Blackberry, Orange, Lemon Orange Juice