



Lunch Entrees (Select 1 per lunch)

Hot Lunch Entrees

- Mon** Tortellini (Four cheese tortellini served with choice of all natural marinara sauce, pesto or olive oil and parmesan cheese)
Spaghetti and Meatballs (Spaghetti and homemade meatballs served with in an all natural tomato sauce)
- Tues** Meatball Grinder (Homemade meatballs served on a French roll with marinara sauce and mozzarella cheese)
Hamburger (Fulton all natural hamburgers served on a traditional or multigrain bun with cheese option)
Gardenburger (Original Gardenburger patty served on traditional or multigrain bun with condiments of choice)
Hot Dogs (Applegate Organic Hot Dogs served on a traditional or multigrain bun)
Roast Turkey w/gravy and Potatoes (All natural roast turkey breast w/choice of gravy served w/organic potato wedges)
- Wed** Chicken Tenders (All natural chicken tenders served w/healthy organic side)
ChickenLess Tenders (Morningstar vegetarian chicken nuggets served w/healthy grains & dips)
Macaroni & Cheese (Annie's Style macaroni and white cheddar cheese w/our sneaky cauliflower & zucchini puree)
Philly Cheese steak Sandwich (A classic, thinly sliced all natural beef and American cheese on a roll w/choice of pepper & onions)
- Thur** Chicken Burrito (Tortilla of choice served with choice of beans and a blend of Monterey & cheddar cheeses and rice)
Quesadilla (Cheese or Sonoma grown BBQ Chicken quesadilla chicken served with Spanish rice)
Soft Beef Tacos (All natural beef tacos in organic stone ground corn tortillas w/ choice of cheese and beans)
- Frid** Grilled Cheese (& Ham) Sandwich (Blend of American, cheddar & Monterey jack cheeses w/a sweet potato & carrot spread)
Chicken Apple Sausage Grinders (Aidell's all natural chicken apple sausages served on traditional or multigrain hot dog bun)
Pastrami Melt (All Natural Pastrami served w/melted swiss cheese w/condiments of choice)
Manicotti (Large pasta tubes stuffed with ricotta cheese and topped with tomato sauce and mozzarella cheese)

*****ALL ITEMS BELOW ARE OFFERED DAILY*****

- Fish Sticks (All natural fish sticks served w/rice)
- Tamales (Organic Primavera Pumpkin & White Cheddar Cheese, Spinach, Mushroom & Cheese or Black bean, cheese & corn tamales)
- Pasta (Pasta served w/ choice of marinara sauce, pesto or olive oil & parmesan cheese)

Savory 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)

Sandwiches & Wraps

- Deli Sandwiches (All natural ham, salami, roast turkey, roast beef, veg salami or veg turkey w/condiments of choice)
- Tuna Fish Or Egg Salad Sandwiches (Chunk light tuna fish or cage free egg salad served with condiments of choice)
- Cheese Sandwich (Monterey, cheddar or cream cheese sandwich served w/ condiments of choice)
- Chicken or Tofu Teriyaki Roll up (Teriyaki rocky range chix or soy deli tofu in a tortilla w/ rice, shredded cabbage & carrots)
- Peanut Butter Sandwich* (Served w/condiments of choice jams, natural marshmallow crème, banana, honey and raisins)

Salads & Grains

- Veggie Sushi (avocado, carrot, cucumber, tofu, plain rice, tamago or assortment)
- Sesame Noodles (Chow Mein noodles served in a sesame dressing with peapods, shredded carrots & choice of 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)
- Southwest Corn Salad (Romaine lettuce, corn, black beans, avocado, pepitos, tomatoes, shredded jack cheese & ranch dressing)

Old Standbys

- Yogurt Parfait (Organic vanilla or strawberry yogurt served with choice of dried fruits, honey, fresh banana slices and granola)
- Cheese Pizza (Organic brick oven – thin crust cheese pizza served room temperature)
- Bagel & Lox Spread (Bagel of choice served with smoked salmon cream cheese)
- Bagel (Bagels and condiments of choice featuring pumpkin or strawberry cream cheese)

Lunch Sides (Select any 2 or 3 per lunch)

<p><i>Organic Fruits & Veggies</i></p> <ul style="list-style-type: none"> Pear Apple Citrus - Orange or Tangerine Banana Edamame (Soybeans, in the pod) Carrots w/Dips Green beans w/dips Celery Sticks w/dips Nori strips Crunchy Dried Soy Green Beans Just Veggies Freeze dried veggies 	<p><i>Dairy</i></p> <ul style="list-style-type: none"> Cheese & crackers (Cheddar cheese & wheat crackers) Mozzarella or Cheddar Cheese Sticks Hard Boiled Egg (Cage free hard boiled eggs) Yogurt tubes (organic blueberry or strawberry) <p><i>Chips</i></p> <ul style="list-style-type: none"> Popcorn (All natural popcorn) Pretzels (Organic whole wheat) Cheese Puffs Kettle Bakes Barbeque Chips All Natural Tortilla Chips Glad Corn – Amazing all natural corn nut snack 	<p><i>Desserts</i></p> <ul style="list-style-type: none"> Organic Cinnamon Apple Applesauce Sunflower Crunch Trail Mix (Pumpkin, sunflower seeds, cranberries, yogurt raisins, sesame stix) Organic Raisins Dried Apricots Fig Newman's Chocolate chip cookies (Brent & Sam's all natural) Newman's Cookie O's (All natural Oreo cookie) Annie's Bunny Grahams Kozy Shack all natural vanilla or chocolate pudding Assorted Fruit Strips
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Drinks (Optional): Assorted Milks (organic & soy), Bottled & Mineral Water, IZZE'S natural sparkling fruit juices: Pomegranate, Blackberry, Orange, Orange Juice