

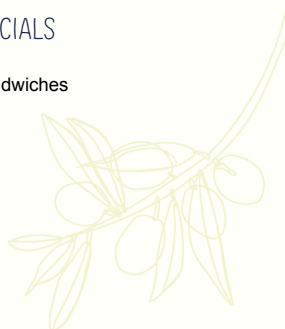
## Traditions



### DAILY SPECIALS

Portable Sandwiches

- M** Meatball Sub, Roasted Broccoli, Glazed Carrots
- T** Pulled Pork Sandwich, Sides: Baked Beans Fries
- W** Hot Roast Beef Sandwich, Mex Zucchini, Oven Roasted Fries, Cole Slaw
- TH** Hot Turkey Sub, Roasted Chickpeas, Green Beans
- F** Hot Buffalo Chicken Sub, Mixed Veggies, Sweet Potatoes Fries



## Fast Takes



### DAILY SPECIALS

- M** Turkey & Cheese Sub, Crisp Chicken Wrap, Chef Salad, Blueberry Parfait
- T** American Sub, Chicken Caesar Wrap, Hearty Garden Salad, Strawberry Banana Parfait
- W** Italian Sub, Buffalo Chicken Wrap, Hummus Box, Crispy Chicken Salad
- TH** Turkey & Cheese Sub, Crispy Chicken Wrap, Protein Box, Strawberry Parfait
- F** Ham & Cheese Sub, Chicken Caesar Wrap, Fiesta Salad, Deli Bento Box



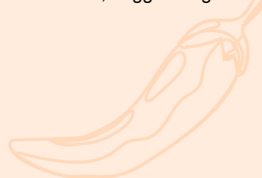
## Grill



### DAILY SPECIALS

Cheeseburger, Hamburger, Spicy Chicken Sandwich, Crispy Chicken Sandwich, Veggie Burger. Side: Fries

- M** Grilled Cheese Sandwich
- T** Hot Dog
- W** Wing Dings (5)
- TH** Mushroom Swiss Burger
- F** Bacon Cheeseburger or Fish Sandwich



## Market



### DAILY SPECIALS

- M** Cheese Pizza, Pepperoni Pizza, Mozzarella Stuffed Breadstick w/ Marinara
- T** Made to order Nachos with Cheese and Toppings, Black Beans, Spanish Rice
- W** Cheese Pizza, Pepperoni Pizza, Supreme Pizza
- TH** Chicken Wings (5) w/ Sauce
- F** Made to order Beef Tacos w. Toppings, Black Beans, Spanish Rice

## From the Garden



### OFFERED DAILY

Assorted Fat Free / Low Fat Milk

### MON

Basil Corn Salad  
Salad Mix  
Variety of Fresh Fruit  
Variety of Canned Fruit

### TUE

Kidney Beans  
Salad Mix  
Salad Mix  
Variety of Fresh Fruit  
Variety of Canned Fruit

### WED

Baby Carrots  
Salad Mix  
Variety of Fresh Fruit  
Variety of Canned Fruit

### THURS

Apple Glazed Carrots  
Chilled Corn  
Salad Mix  
Variety of Fresh Fruit  
Variety of Canned Fruit

### FRI

Celery Sticks  
Salad Mix  
Variety of Fresh Fruit  
Variety of Canned Fruit

### DRESSINGS

Ranch  
Ketchup  
Mayo

**M** Meatball Sub, Roasted Broccoli, Glazed Carrots

**T** Pulled Pork Sandwich, Sides: Baked Beans Fries

**W** Hot Roast Beef Sandwich, Mex Zucchini, Oven Roasted Fries, Cole Slaw

**Th** Hot Turkey Sub, Roasted Chickpeas, Green Beans

**F** Hot Buffalo Chicken Sub, Mixed Veggies, Sweet Potatoes Fries

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.*

- M** Turkey & Cheese Sub, Crisp Chicken Wrap, Chef Salad, Blueberry Parfait
- T** American Sub, Chicken Caesar Wrap, Hearty Garden Salad, Strawberry Banana Parfait
- W** Italian Sub, Buffalo Chicken Wrap, Hummus Box, Crispy Chicken Salad
- Th** Turkey & Cheese Sub, Crispy Chicken Wrap, Protein Box, Strawberry Parfait
- F** Ham & Cheese Sub, Chicken Caesar Wrap, Fiesta Salad, Deli Bento Box

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.*

**M** Grilled Cheese Sandwich

**T** Hot Dog

**W** Wing Dings (5)

**Th** Mushroom Swiss Burger

**F** Bacon Cheeseburger or Fish Sandwich

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.*

**M** Cheese Pizza, Pepperoni Pizza, Mozzarella Stuffed Breadstick w/ Marinara

**T** Made to order Nachos with Cheese and Toppings, Black Beans, Spanish Rice

**W** Cheese Pizza, Pepperoni Pizza, Supreme Pizza

**Th** Chicken Wings (5) w/ Sauce

**F** Made to order Beef Tacos w. Toppings, Black Beans, Spanish Rice

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.*

**M** {S5M}

**T** {S5T}

**W** {S5W}

**Th** {S5TH}

**F** {S5F}

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**M**

Basil Corn Salad  
Salad Mix  
Variety of Fresh Fruit  
Variety of Canned Fruit

**Th**

Apple Glazed Carrots  
Chilled Corn  
Salad Mix  
Variety of Fresh Fruit  
Variety of Canned Fruit

**T**

Kidney Beans  
Salad Mix  
Salad Mix  
Variety of Fresh Fruit  
Variety of Canned Fruit

**F**

Celery Sticks  
Salad Mix  
Variety of Fresh Fruit  
Variety of Canned Fruit

**W**

Baby Carrots  
Salad Mix  
Variety of Fresh Fruit  
Variety of Canned Fruit

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Meatball Sub, Roasted Broccoli, Glazed Carrots

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Pulled Pork Sandwich, Sides: Baked Beans Fries

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Hot Roast Beef Sandwich, Mex Zucchini, Oven  
Roasted Fries, Cole Slaw

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# Hot Turkey Sub, Roasted Chickpeas, Green Beans

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Hot Buffalo Chicken Sub, Mixed Veggies, Sweet  
Potatoes Fries

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Turkey & Cheese Sub, Crisp Chicken Wrap, Chef  
Salad, Blueberry Parfait

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.*

American Sub, Chicken Caesar Wrap, Hearty  
Garden Salad, Strawberry Banana Parfait

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.*

Italian Sub, Buffalo Chicken Wrap, Hummus Box,  
Crispy Chicken Salad

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.*

Turkey & Cheese Sub, Crispy Chicken Wrap,  
Protein Box, Strawberry Parfait

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.*



Ham & Cheese Sub, Chicken Caesar Wrap,  
Fiesta Salad, Deli Bento Box

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# Grilled Cheese Sandwich

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

# Hot Dog

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

# Wing Dings (5)

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

# Mushroom Swiss Burger

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

# Bacon Cheeseburger or Fish Sandwich

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Cheese Pizza, Pepperoni Pizza, Mozzarella  
Stuffed Breadstick w/ Marinara

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.*

Made to order Nachos with Cheese and  
Toppings, Black Beans, Spanish Rice

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.*



Cheese Pizza, Pepperoni Pizza, Supreme Pizza

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.*

# Chicken Wings (5) w/ Sauce

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.*

Made to order Beef Tacos w. Toppings, Black Beans, Spanish Rice

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.*

Basil Corn Salad  
Salad Mix  
Variety of Fresh Fruit  
Variety of Canned Fruit

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.*

Kidney Beans  
Salad Mix  
Salad Mix  
Variety of Fresh Fruit  
Variety of Canned Fruit

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.*

Baby Carrots  
Salad Mix  
Variety of Fresh Fruit  
Variety of Canned Fruit

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.*

Apple Glazed Carrots  
Chilled Corn  
Salad Mix  
Variety of Fresh Fruit  
Variety of Canned Fruit

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.*

Celery Sticks  
Salad Mix  
Variety of Fresh Fruit  
Variety of Canned Fruit

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.*