



Healthy Choice Lunch Program Menu

Baked Chicken Nuggets

Honey Mustard for Dipping, Apple Sauce and Tossed Salad

Lean Ground Beef Hamburger or Cheeseburger

Whole Wheat Hamburger Rolls, Lettuce and Tomato
Tossed Salad and Fresh Fruit

Taco Salad

Lettuce, Shredded Cheddar Cheese,
Salsa and Baked Bite Size Tortilla Chips and Fresh Fruit

Turkey Meatballs over Bow Tie Pasta

Tossed Salad and Fresh Fruit

Grilled Chicken Sandwich on Whole Wheat Roll

Lettuce and Tomato, Carrots, Celery Sticks and Fresh Fruit

Fresh Sliced Turkey Sub

Whole Wheat Roll, Cheese, Lettuce and Tomato
Fresh Fruit

Grilled Chicken over Salad Greens

With Croutons and Fresh Fruit

Lasagna Rollatini

Lasagna Noodle rolled with Ricotta Cheese and Red Sauce
Tossed Salad and Fresh Fruit

Steak Sandwich

Ribeye Steak on Whole Wheat Roll,
Cheese, Baked Steak Fries, Carrots and Fresh Fruit

Macaroni and Cheese

Elbow Macaroni with 2% Cheddar Cheese
Tossed Salad and Fresh Fruit

Pizza

Grilled Cheese

2% Cheddar Cheese on Whole Wheat Roll
Tossed Salad and Fresh Fruit

Meatball Parmigiana Sub

Turkey Meatball with 2% Mozzarella Cheese,
Tossed Salad and Fresh Fruit

Chicken Parmigiana Sub

Baked Chicken Cutlet, 2% Mozzarella Cheese
Tossed Salad and Fresh Fruit

Cheese or Chicken Quesadillas

Flour tortilla folded over Monterey Jack & Cheddar cheeses
Salsa and Fruit Cup

Bagels - Regular or Whole Wheat

Plain, Butter or Cream Cheese

Beverages

Milk, Chocolate Milk, Iced Tea, Apple Juice
Orange Juice, and Water

Specials:

Breakfast for Lunch

Whole Grain Waffles or Pancakes, Turkey Bacon and Fresh Fruit Cup

Thanksgiving Turkey Lunch

Mashed Potatoes, Stuffing, Veggies and Cranberry Sauce

Valentine's Day Lunch

Whole Grain Pancakes, Turkey Bacon,
Strawberries and Whipped Cream

St Patrick's Day Lunch

Corned Beef, Veggies and Potatoes

****Although some foods are offered without cheese, this does not guarantee all ingredients are dairy free****