

CYCLE TWO - OCT 2019 Orders

**CYCLE TWO - OCT 2019 - Orders will be accepted between
 Thursday September 19th, 2019 & Saturday September 28th, 2019.**

On-Line Order
 CYCLE TWO - OCT 2019

Monday September 30th, 2019

WRAPS

-- ENTREE --

[hide]

BUFFALO CHICKN RANCH WRAP

x \$4.25

- buffalo (mild) chicken, cheddar cheese, bacon and ranch

LETTUCE

WRAP: WHITE WHOLE WHEAT

CLUB WRAP

x \$4.25

- crispy chicken, cheddar cheese, bacon mayo and mustard on the side

LETTUCE

WRAP: WHITE WHOLE WHEAT

SIDE OF CUCUMBER SLICES

x \$1.00

SIDE OF FRESH TOMATO SLICES

x \$1.00

TERIYAKI CHICKEN WRAP

x \$4.25

- teriyaki chicken, romaine lettuce, shredded carrots, shredded cucumbers, rice and teriyaki sauce

WRAP: WHITE WHOLE WHEAT

CHICKEN CAESAR WRAP

x \$4.25

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and chicken

WRAP: WHITE WHOLE WHEAT

-- SALADS AND SIDES --

[hide]

CHICKEN NOODLE SOUP

x \$3.50

VEGGIES AND DIP

x \$2.00

- carrots, celery and snap peas with ranch dip

FRESH FRUIT CUP

x \$3.25

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

CHICKEN CAESAR SALAD - ENTREE SIZE

x \$4.50

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

DELUXE GARDEN SALAD - ENTREE SIZE

x \$4.25

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

CROUTONS: CROUTONS

APPLE CHICKEN SALAD - ENTREE SIZE

x \$4.50

- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side

GREEK SALAD - ENTREE SIZE

x \$4.25

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

BEEF TACO SALAD - ENTREE SIZE

x \$4.50

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

CHICKEN TACO SALAD - ENTREE SIZE

x \$4.50

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

VEGETARIAN TACO SALAD - ENTREE SIZE

x \$4.50

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

TOSSED SALAD

x \$2.50

- ranch dressing on the side

CAESAR SALAD

x \$2.50

- with parmesan cheese and croutons dressing on the side

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML

x \$1.25

CHOCOLATE MILK

x \$2.50

WHITE MILK

x \$2.50

PURE APPLE JUICE 300 ML

x \$2.50

PURE ORANGE JUICE 300 ML

x \$2.50

TACOS and FAJITAS

Tuesday October 1st, 2019

-- ENTREE --

[hide]

CHICKEN TACO

- soft taco with mildly seasoned chicken and shredded cheese

LETTUCE

WRAP: WHITE WHOLE WHEAT

x \$4.25

BEEF TACO

- soft taco with mildly seasoned beef and shredded cheese

LETTUCE

WRAP: WHITE WHOLE WHEAT

x \$4.25

VEGETARIAN TACO

- soft taco with mildly seasoned veggie ground and shredded cheese

LETTUCE

WRAP: WHITE WHOLE WHEAT

x \$4.25

BEEF FAJITA

- soft taco with mildly seasoned beef, shredded cheese and sauted onions and sweet peppers

LETTUCE

WRAP: WHITE WHOLE WHEAT

x \$4.50

CHICKEN FAJITA

- soft taco with mildly seasoned chicken, shredded cheese and sauted onions and sweet peppers

LETTUCE

WRAP: WHITE WHOLE WHEAT

x \$4.50

VEGETARIAN FAJITA

- soft taco with mildly seasoned veggie ground, shredded cheese and sauted onions and sweet peppers

LETTUCE

WRAP: WHITE WHOLE WHEAT

x \$4.50

SIDE OF SOUR CREAM

x \$0.75

SIDE OF SALSA

x \$0.75

-- SALAD AND SIDES --

[hide]

FRESH FRUIT CUP

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

x \$3.25

VEGGIES AND DIP

- carrots, celery and snap peas with ranch dip

x \$2.00

DELUXE GARDEN SALAD - ENTREE SIZE

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

CROUTONS: CROUTONS

x \$4.25

CHICKEN CAESAR SALAD - ENTREE SIZE

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

x \$4.50

DELUXE GARDEN SALAD - ENTREE SIZE

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

CROUTONS: CROUTONS

x \$4.25

APPLE CHICKEN SALAD - ENTREE SIZE

- romaine lettuce, apples, cucumbers, dried cranberries, feta cheese, bacon bits and roasted chicken dressing on the side

x \$4.50

GREEK SALAD - ENTREE SIZE

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

x \$4.25

BEEF TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

x \$4.50

CHICKEN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

x \$4.50

VEGETARIAN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

x \$4.50

CAESAR SALAD

- with parmesan cheese and croutons dressing on the side

x \$2.50

TOSSED SALAD

- ranch dressing on the side

x \$2.50

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML

x \$1.25

CHOCOLATE MILK

x \$2.50

WHITE MILK

x \$2.50

PURE APPLE JUICE 300 ML

x \$2.50

PURE ORANGE JUICE 300 ML

x \$2.50

FISH STICKS/SHEPARDS PIE

Wednesday October 2nd, 2019

-- ENTREE --

[hide]

FISH STICKS WITH RICE AND CORN

- 3 whole grain fish sticks with rice and niblet corn

 x \$5.25**SHEPHERDS PIE**

- seasoned ground beef in gravy with corn and carrots and topped with mashed potatoes

 GRAVY x \$5.25**BAKED POTATO**ON THE SIDE: BUTTER BACON SOUR CREAM x \$3.25**BAKED POTATO WITH CHILI AND CHEESE** x \$3.50

-- SALADS AND SIDES --

[hide]

VEGGIES AND DIP

- carrots, celery and snap peas with ranch dip

 x \$2.00**FRESH FRUIT CUP**

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

 x \$3.25**CHICKEN CAESAR SALAD - ENTREE SIZE**

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

 x \$4.50**DELUXE GARDEN SALAD - ENTREE SIZE**

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

 x \$4.25CROUTONS: CROUTONS**APPLE CHICKEN SALAD - ENTREE SIZE**

- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side

 x \$4.50**GREEK SALAD - ENTREE SIZE**

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

 x \$4.25**BEEF TACO SALAD - ENTREE SIZE**

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

 x \$4.50**CHICKEN TACO SALAD - ENTREE SIZE**

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

 x \$4.50**VEGETARIAN TACO SALAD - ENTREE SIZE**

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

 x \$4.50**TOSSED SALAD**

- ranch dressing on the side

 x \$2.50**CAESAR SALAD**

- with parmesan cheese and croutons dressing on the side

 x \$2.50

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML x \$1.25**CHOCOLATE MILK** x \$2.50**WHITE MILK** x \$2.50**PURE APPLE JUICE 300 ML** x \$2.50**PURE ORANGE JUICE 300 ML** x \$2.50**HOT DOGS AND SMOKIES**

Thursday October 3rd, 2019

-- ENTREE --

[hide]

JUMBO ALL BEEF HOT DOGBUN: WHITE WHOLE WHEAT x \$3.75**JUMBO CHICKEN HOT DOG** x \$3.75**CHEDDAR CHEESE SMOKIE**BUN: WHITE WHOLE WHEAT x \$4.25**VEGGIE HOT DOG**BUN: WHITE WHOLE WHEAT GLUTEN FREE x \$4.00

-- SALADS AND SIDES --

[hide]

VEGGIES AND DIP

- carrots, celery and snap peas with ranch dip

 x \$2.00**FRESH FRUIT CUP**

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

 x \$3.25**CHICKEN CAESAR SALAD - ENTREE SIZE**

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

 x \$4.50**DELUXE GARDEN SALAD - ENTREE SIZE**

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

 x \$4.25CROUTONS: CROUTONS**GREEK SALAD - ENTREE SIZE**

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

 x \$4.25**APPLE CHICKEN SALAD - ENTREE SIZE**

- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side

 x \$4.50

BEEF TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

x \$4.50

CHICKEN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

x \$4.50

VEGETARIAN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

x \$4.50

CAESAR SALAD

- with parmesan cheese and croutons dressing on the side

x \$2.50

TOSSED SALAD

- ranch dressing on the side

x \$2.50

-- DESSERT --

[hide]

S'MORE COOKIE

x \$2.00

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML

x \$1.25

CHOCOLATE MILK

x \$2.50

WHITE MILK

x \$2.50

PURE APPLE JUICE 300 ML

x \$2.50

PURE ORANGE JUICE 300 ML

x \$2.50

PIZZA

-- ENTREE --

Friday October 4th, 2019

[hide]

CHEESE PIZZA

- 8" SLICE - PAPA JOHNS - SERVED IN 8" BOX

x \$4.50

PEPPERONI PIZZA

- 8" SLICE - PAPA JOHNS - SERVED IN 8" BOX

x \$4.75

HAM AND PINEAPPLE PIZZA

- 8" SLICE - PAPA JOHNS - SERVED IN 8" BOX

x \$4.75

VEGGIE PIZZA

- 8" SLICE PAPA JOHNS - MUSHROOMS, GREEN PEPPERS AND TOMATOES - SERVED IN 8" BOX

x \$4.75

GLUTEN FREE - CHEESE PIZZA

- 8" PAPA JOHNS - SERVED IN 8" BOX

x \$5.50

GLUTEN FREE HAM AND PINEAPPLE PIZZA

- 8" PAPA JOHNS - SERVED IN 8" BOX

x \$5.50

GLUTEN FREE PEPPERONI PIZZA

- 8" PAPA JOHNS - SERVED IN 8" BOX

x \$5.50

GLUTEN FREE VEGGIE PIZZA

- 8" PAPA JOHNS- MUSHROOM, GREEN PEPPER AND TOMATOES - SERVED IN 8" BOX

x \$5.50

DIP - GARLIC

x \$1.00

DIP - RANCH

x \$1.00

DIP - BUFFALO

x \$1.00

DIP - CHEEZY CHEDDAR

x \$1.00

DIP - PIZZA SUACE

x \$1.00

DIP - BBQ

x \$1.00

-- SIDES --

[hide]

VEGGIES AND DIP

- carrots, celery and snap peas with ranch dip

x \$2.00

FRESH FRUIT CUP

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

x \$3.25

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML

x \$1.25

CHOCOLATE MILK

x \$2.50

WHITE MILK

x \$2.50

PURE APPLE JUICE 300 ML

x \$2.50

PURE ORANGE JUICE 300 ML

x \$2.50

MEATBALLS AND MASHED POTATOES/TURKEY AND MASHED POTATOES

Monday October 7th, 2019

-- ENTREE --

[hide]

MEATBALLS IN GRAVY WITH MASHED POTATOES

x \$5.25

TURKEY SCHNITZEL AND MASHED POTATOES

x \$5.25

- lightly breaded turkey breast

GRAVY

-- SALAD AND SIDES --

[hide]

VEGGIES AND DIP

- carrots, celery and snap peas with ranch dip

x \$2.00

FRESH FRUIT CUP

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

x \$3.25

CHICKEN CAESAR SALAD - ENTREE SIZE

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

x \$4.50

DELUXE GARDEN SALAD - ENTREE SIZE

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

x \$4.25

CROUTONS: CROUTONS

GREEK SALAD - ENTREE SIZE

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

x \$4.25

APPLE CHICKEN SALAD - ENTREE SIZE

- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side

x \$4.50

BEEF TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

x \$4.50

CHICKEN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

x \$4.50

VEGETARIAN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

x \$4.50

CAESAR SALAD

- with parmesan cheese and croutons dressing on the side

x \$2.50

TOSSED SALAD

- ranch dressing on the side

x \$2.50

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML

x \$1.25

CHOCOLATE MILK

x \$2.50

WHITE MILK

x \$2.50

PURE APPLE JUICE 300 ML

x \$2.50

PURE ORANGE JUICE 300 ML

x \$2.50

SUBS & SOUP

Tuesday October 8th, 2019

-- ENTREE --

[hide]

HAM AND CHEESE SUB

- 6" mayo and mustard on the side

x \$4.00

BUN: WHITE WHOLE WHEAT

LETTUCE

TURKEY AND CHEESE SUB

- 6" mayo and mustard on the side

x \$4.00

BUN: WHITE WHOLE WHEAT

LETTUCE

BLT SUB (TURKEY BACON, LETTUCE AND TOMATO)

- 6" mayo and mustard on the side

x \$3.75

BUN: WHITE WHOLE WHEAT

LETTUCE

ROAST BEEF AND CHEESE SUB

- 6" mayo and mustard on the side

x \$4.00

BUN: WHITE WHOLE WHEAT

LETTUCE

SIDE OF FRESH TOMATO SLICES

x \$1.00

SIDE OF CUCUMBER SLICES

x \$1.00

MEATBALL SUB

- 6" sub with meatballs in tomato sauce and mozza cheese

x \$4.25

BUN: WHITE BROWN

-- SALADS AND SIDES --

[hide]

CHICKEN NOODLE SOUP

x \$3.50

VEGGIES AND DIP

- carrots, celery and snap peas with ranch dip

x \$2.00

FRESH FRUIT CUP

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

x \$3.25

CHICKEN CAESAR SALAD - ENTREE SIZE

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the

x \$4.50

side

DELUXE GARDEN SALAD - ENTREE SIZE

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

CROUTONS: CROUTONS

x \$4.25

GREEK SALAD - ENTREE SIZE

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

x \$4.25

APPLE CHICKEN SALAD - ENTREE SIZE

- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side

x \$4.50

BEEF TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

x \$4.50

CHICKEN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

x \$4.50

VEGETARIAN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

x \$4.50

CAESAR SALAD

- with parmesan cheese and croutons dressing on the side

x \$2.50

TOSSED SALAD

- ranch dressing on the side

x \$2.50

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML

x \$1.25

CHOCOLATE MILK

x \$2.50

WHITE MILK

x \$2.50

PURE APPLE JUICE 300 ML

x \$2.50

PURE ORANGE JUICE 300 ML

x \$2.50

CHICKEN BURGERS

Wednesday October 9th, 2019

-- ENTREE --

[hide]

CHICKEN BURGER

- lightly breaded chicken breast

BUN: WHITE WHOLE WHEAT

x \$3.75

CHICKEN BURGER with cheese

- lightly breaded chicken breast

BUN: WHITE WHOLE WHEAT

x \$4.00

CHICKEN BURGER with cheese and bacon

- lightly breaded chicken breast

BUN: WHITE WHOLE WHEAT

x \$4.25

GRILLED CHICKEN BREAST BURGER

- grilled chicken breast

BUN: WHITE WHOLE WHEAT GLUTEN FREE

LETTUCE TOMATOES

x \$5.25

-- SALAD AND SIDES --

[hide]

HOMEMADE POTATO CHIPS

x \$2.75

SIDE OF RANCH DIP

x \$0.75

FRESH FRUIT CUP

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

x \$3.25

VEGGIES AND DIP

- carrots, celery and snap peas with ranch dip

x \$2.00

CHICKEN CAESAR SALAD - ENTREE SIZE

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

x \$4.50

DELUXE GARDEN SALAD - ENTREE SIZE

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

CROUTONS: CROUTONS

x \$4.25

GREEK SALAD - ENTREE SIZE

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

x \$4.25

APPLE CHICKEN SALAD - ENTREE SIZE

- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side

x \$4.50

BEEF TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

x \$4.50

CHICKEN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

x \$4.50

VEGETARIAN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

x \$4.50

CAESAR SALAD

- with parmesan cheese and croutons dressing on the side

x \$2.50

TOSSED SALAD

- ranch dressing on the side

x \$2.50

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML

x \$1.25

CHOCOLATE MILK

x \$2.50

WHITE MILK

x \$2.50

PURE APPLE JUICE 300 ML

x \$2.50

PURE ORANGE JUICE 300 ML

x \$2.50

TORTELLINI

Thursday October 10th, 2019

-- ENTREE --

[hide]

TORTELLINI

x \$5.25

- four cheese

SAUCE: CREAM TOMATO BUTTER AND PARMESAN CHEESE

-- SALADS AND SIDES --

[hide]

FRESH FRUIT CUP

x \$3.25

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

VEGGIES AND DIP

x \$2.00

- carrots, celery and snap peas with ranch dip

GARLIC TOAST

x \$1.75

CHICKEN CAESAR SALAD - ENTREE SIZE

x \$4.50

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

DELUXE GARDEN SALAD - ENTREE SIZE

x \$4.25

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

CROUTONS: CROUTONS

GREEK SALAD - ENTREE SIZE

x \$4.25

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

APPLE CHICKEN SALAD - ENTREE SIZE

x \$4.50

- romaine lettuce, apples, cucumbers, dried cranberries, feta cheese, bacon bits and roasted chicken dressing on the side

BEEF TACO SALAD - ENTREE SIZE

x \$4.50

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

CHICKEN TACO SALAD - ENTREE SIZE

x \$4.50

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

VEGETARIAN TACO SALAD - ENTREE SIZE

x \$4.50

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

CAESAR SALAD

x \$2.50

- with parmesan cheese and croutons dressing on the side

TOSSED SALAD

x \$2.50

- ranch dressing on the side

-- DESSERT --

[hide]

PUMKIN PIE WITH WHIP CREAM

x \$2.00

-- BEVERAGES --

[hide]

BOTTLED WATER 500 ML

x \$1.25

CHOCOLATE MILK

x \$2.50

WHITE MILK

x \$2.50

PURE ORANGE JUICE 300 ML

x \$2.50

PURE APPLE JUICE 300 ML

x \$2.50

GRILLED CHEESE

Tuesday October 15th, 2019

-- ENTREE --

[hide]

GRILLED CHEESE

x \$3.75

- texas bread

BREAD: WHITE WHOLE WHEAT

GRILLED CHEESE AND HAM

x \$4.00

- texas bread

BREAD: WHITE WHOLE WHEAT

-- SALADS AND SIDES --

[hide]

TOMATO SOUP

x \$3.50

- crackers on the side

CHICKEN NOODLE SOUP

x \$3.50

- FRESH FRUIT CUP** x \$3.25
- 8 oz - Fresh assorted fruit in bite size pieces no sugar added
- VEGGIES AND DIP** x \$2.00
- carrots, celery and snap peas with ranch dip
- CHICKEN CAESAR SALAD - ENTREE SIZE** x \$4.50
- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side
- DELUXE GARDEN SALAD - ENTREE SIZE** x \$4.25
- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side
CROUTONS: CROUTONS
- GREEK SALAD - ENTREE SIZE** x \$4.25
- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side
- APPLE CHICKEN SALAD - ENTREE SIZE** x \$4.50
- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side
- BEEF TACO SALAD - ENTREE SIZE** x \$4.50
- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream
- CHICKEN TACO SALAD - ENTREE SIZE** x \$4.50
- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing
- VEGETARIAN TACO SALAD - ENTREE SIZE** x \$4.50
- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream
- CAESAR SALAD** x \$2.50
- with parmesan cheese and croutons dressing on the side
- TOSSED SALAD** x \$2.50
- ranch dressing on the side
- BEVERAGE --
- BOTTLED WATER 500 ML** x \$1.25
- CHOCOLATE MILK** x \$2.50
- WHITE MILK** x \$2.50
- PURE ORANGE JUICE 300 ML** x \$2.50
- PURE APPLE JUICE 300 ML** x \$2.50

[hide]

BREAKFAST SANDWICHES

Wednesday October 16th, 2019

-- ENTREE --

[hide]

- EGG, CHEESE AND BACON BUN** x \$4.00
BUN: WHITE WHOLE WHEAT
- EGG, CHEESE AND SAUSAGE BUN** x \$4.00
BUN: WHITE WHOLE WHEAT
- EGG AND CHEESE BUN** x \$3.75
BUN: WHITE WHOLE WHEAT
- BREAKFAST WRAP** x \$4.00
- scrambled eggs, shredded cheese and turkey bacon
WRAP: WHITE WHOLE WHEAT
- TEX MEX BREAKFAST WRAP** x \$4.00
- scrambled eggs, shredded cheese, turkey bacon and salsa
WRAP: WHITE WHOLE WHEAT

-- SALADS AND SIDES --

[hide]

- HASHBROWNS** x \$2.00
- FRESH FRUIT CUP** x \$3.25
- 8 oz - Fresh assorted fruit in bite size pieces no sugar added
- VEGGIES AND DIP** x \$2.00
- carrots, celery and snap peas with ranch dip
- CHICKEN CAESAR SALAD - ENTREE SIZE** x \$4.50
- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side
- DELUXE GARDEN SALAD - ENTREE SIZE** x \$4.25
- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side
CROUTONS: CROUTONS
- GREEK SALAD - ENTREE SIZE** x \$4.25
- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side
- APPLE CHICKEN SALAD - ENTREE SIZE** x \$4.50
- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side
- BEEF TACO SALAD - ENTREE SIZE** x \$4.50
- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream
- CHICKEN TACO SALAD - ENTREE SIZE** x \$4.50
- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

VEGETARIAN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

 x \$4.50**CAESAR SALAD**

- with parmesan cheese and croutons dressing on the side

 x \$2.50**TOSSED SALAD**

- ranch dressing on the side

 x \$2.50

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML x \$1.25**CHOCOLATE MILK** x \$2.50**WHITE MILK** x \$2.50**PURE APPLE JUICE 300 ML** x \$2.50**PURE ORANGE JUICE 300 ML** x \$2.50**BURGERS**

Thursday October 17th, 2019

-- ENTREE --

[hide]

HAMBURGER x \$3.75BUN: WHOLE WHEAT WHITE**CHEESEBURGER** x \$4.00BUN: WHITE WHOLE WHEAT**BACON CHEESEBURGER** x \$4.25BUN: WHITE WHOLE WHEAT**GRILLED CHICKEN BREAST BURGER** x \$5.25

- grilled chicken breast

BUN: WHITE WHOLE WHEAT GLUTEN FREE LETTUCE TOMATOES

-- SALADS AND SIDES --

[hide]

FRESH FRUIT CUP x \$3.25

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

VEGGIES AND DIP x \$2.00

- carrots, celery and snap peas with ranch dip

CHICKEN CAESAR SALAD - ENTREE SIZE x \$4.50

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

DELUXE GARDEN SALAD - ENTREE SIZE x \$4.25

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

CROUTONS: CROUTONS**GREEK SALAD - ENTREE SIZE** x \$4.25

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

APPLE CHICKEN SALAD - ENTREE SIZE x \$4.50

- romaine lettuce, apples, cucumbers, dried cranberries, feta cheese, bacon bits and roasted chicken dressing on the side

BEEF TACO SALAD - ENTREE SIZE x \$4.50

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

CHICKEN TACO SALAD - ENTREE SIZE x \$4.50

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

VEGETARIAN TACO SALAD - ENTREE SIZE x \$4.50

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

CAESAR SALAD x \$2.50

- with parmesan cheese and croutons dressing on the side

TOSSED SALAD x \$2.50

- ranch dressing on the side

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML x \$1.25**CHOCOLATE MILK** x \$2.50**WHITE MILK** x \$2.50**PURE APPLE JUICE 300 ML** x \$2.50**PURE ORANGE JUICE 300 ML** x \$2.50**CHICKEN FINGERS**

Friday October 18th, 2019

-- ENTREE --

[hide]

CHICKEN FINGERS (2) AND ROASTED POTATOES x \$5.25

- sauce on the side

3 CHICKEN FINGERS (no potatoes) x \$5.25

- sauces on the side

-- SALADS AND SIDES --

[hide]

VEGGIES AND DIP

- carrots, celery and snap peas with ranch dip

x \$2.00

FRESH FRUIT CUP

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

x \$3.25

CHICKEN CAESAR SALAD - ENTREE SIZE

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

x \$4.50

DELUXE GARDEN SALAD - ENTREE SIZE

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

x \$4.25

CROUTONS: CROUTONS

GREEK SALAD - ENTREE SIZE

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

x \$4.25

APPLE CHICKEN SALAD - ENTREE SIZE

- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side

x \$4.50

BEEF TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

x \$4.50

CHICKEN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

x \$4.50

VEGETARIAN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

x \$4.50

CAESAR SALAD

- with parmesan cheese and croutons dressing on the side

x \$2.50

TOSSED SALAD

- ranch dressing on the side

x \$2.50

-- DESSERT --

[hide]

CHOCOLATE LONG JOHN DONUT

x \$2.00

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML

x \$1.25

CHOCOLATE MILK

x \$2.50

PURE APPLE JUICE 300 ML

x \$2.50

WHITE MILK

x \$2.50

PURE ORANGE JUICE 300 ML

x \$2.50

PANCAKES/FRENCH TOAST/BREAKFAST WRAPS

Monday October 21st, 2019

-- ENTREE --

[hide]

PANCAKES (3)

- syrup and butter on the side

x \$3.75

PANCAKES (2), BACON AND SCRAMBLED EGG

- syrup and butter on the side

x \$5.25

CINNAMON FRENCH TOAST, BACON AND SCRAMBLED EGG

- syrup on the side

x \$5.25

BREAKFAST WRAP

- scrambled eggs, shredded cheese and turkey bacon

x \$4.00

WRAP: WHITE WHOLE WHEAT

-- SALADS AND SIDES --

[hide]

FRESH FRUIT CUP

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

x \$3.25

VEGGIES AND DIP

- carrots, celery and snap peas with ranch dip

x \$2.00

HASHBROWNS

x \$2.00

CHICKEN CAESAR SALAD - ENTREE SIZE

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

x \$4.50

DELUXE GARDEN SALAD - ENTREE SIZE

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

x \$4.25

CROUTONS: CROUTONS

GREEK SALAD - ENTREE SIZE

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

x \$4.25

APPLE CHICKEN SALAD - ENTREE SIZE

- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side

x \$4.50

BEEF TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

x \$4.50

CHICKEN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

 x \$4.50**VEGETARIAN TACO SALAD - ENTREE SIZE**

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

 x \$4.50**CAESAR SALAD**

- with parmesan cheese and croutons dressing on the side

 x \$2.50**TOSSED SALAD**

- ranch dressing on the side

 x \$2.50

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML x \$1.25**CHOCOLATE MILK** x \$2.50**WHITE MILK** x \$2.50**PURE APPLE JUICE 300 ML** x \$2.50**PURE ORANGE JUICE 300 ML** x \$2.50**PEROGIES**

Tuesday October 22nd, 2019

-- ENTREE --

[hide]

PEROGIES (6)

- cheddar cheese and potato

 x \$5.25**PEROGIES (6) and SAUSAGE**

- cheddar cheese and potato perogies and ham garlic sausage

 x \$6.50**SIDE OF SOUR CREAM** x \$0.75**SIDE OF REAL BACON BITS** x \$1.00

-- SALADS AND SIDES --

[hide]

FRESH FRUIT CUP

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

 x \$3.25**VEGGIES AND DIP**

- carrots, celery and snap peas with ranch dip

 x \$2.00**CHICKEN CAESAR SALAD - ENTREE SIZE**

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

 x \$4.50**DELUXE GARDEN SALAD - ENTREE SIZE**

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

 x \$4.25CROUTONS: CROUTONS**GREEK SALAD - ENTREE SIZE**

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

 x \$4.25**APPLE CHICKEN SALAD - ENTREE SIZE**

- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side

 x \$4.50**BEEF TACO SALAD - ENTREE SIZE**

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

 x \$4.50**CHICKEN TACO SALAD - ENTREE SIZE**

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

 x \$4.50**VEGETARIAN TACO SALAD - ENTREE SIZE**

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

 x \$4.50**CAESAR SALAD**

- with parmesan cheese and croutons dressing on the side

 x \$2.50**TOSSED SALAD**

- ranch dressing on the side

 x \$2.50

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML x \$1.25**CHOCOLATE MILK** x \$2.50**WHITE MILK** x \$2.50**PURE APPLE JUICE 300 ML** x \$2.50**PURE ORANGE JUICE 300 ML** x \$2.50**BBQ BEEF ON A BUN/KUBI BURGER/CHILI**

Wednesday October 23rd, 2019

-- ENTREE --

[hide]

BBQ BEEF ON A BUNBUN: WHITE WHOLE WHEAT x \$3.75**BBQ BEEF ON A BUN WITH CHEESE**BUN: WHITE WHOLE WHEAT x \$4.00**CHILI**

x \$4.00

CHILI WITH CHEDDAR CHEESE ON TOP

x \$4.25
 x \$3.75

KUBI BURGER

BUN: WHITE WHOLE WHEAT

KUBI BURGER WITH CHEESE

BUN: WHITE WHOLE WHEAT

x \$4.00

-- SALADS AND SIDES --

[hide]

VEGGIES AND DIP

- carrots, celery and snap peas with ranch dip

x \$2.00

FRESH FRUIT CUP

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

x \$3.25

CHICKEN CAESAR SALAD - ENTREE SIZE

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

x \$4.50

DELUXE GARDEN SALAD - ENTREE SIZE

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

x \$4.25

CROUTONS: CROUTONS

GREEK SALAD - ENTREE SIZE

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

x \$4.25

APPLE CHICKEN SALAD - ENTREE SIZE

- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side

x \$4.50

BEEF TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

x \$4.50

CHICKEN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

x \$4.50

VEGETARIAN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

x \$4.50

CAESAR SALAD

- with parmesan cheese and croutons dressing on the side

x \$2.50

TOSSED SALAD

- ranch dressing on the side

x \$2.50

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML

x \$1.25

CHOCOLATE MILK

x \$2.50

WHITE MILK

x \$2.50

PURE APPLE JUICE 300 ML

x \$2.50

PURE ORANGE JUICE 300 ML

x \$2.50

CHICKEN BALLS & TERIYAKI & GINGER BEEF

Thursday October 24th, 2019

-- ENTREE --

[hide]

CHICKEN BALLS (5) AND FRIED RICE

SWEET AND SOUR SAUCE

x \$5.25

TERIYAKI CHICKEN WITH STEAMED RICE

- grilled chicken, steamed rice, carrots, broccoli and teriyaki sauce

x \$5.25

TERIYAKI SHRIMP WITH STEAMED RICE

- grilled shrimp, steamed rice, carrots, broccoli and teriyaki sauce

x \$5.25

GINGER BEEF WITH FRIED RICE

x \$5.25

SPRING ROLLS (3)

- plum sauce on the side

x \$3.50

-- SALADS AND SIDES --

[hide]

FRESH FRUIT CUP

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

x \$3.25

VEGGIES AND DIP

- carrots, celery and snap peas with ranch dip

x \$2.00

CHICKEN CAESAR SALAD - ENTREE SIZE

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

x \$4.50

DELUXE GARDEN SALAD - ENTREE SIZE

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

x \$4.25

CROUTONS: CROUTONS

GREEK SALAD - ENTREE SIZE

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

x \$4.25

APPLE CHICKEN SALAD - ENTREE SIZE

- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side

x \$4.50

BEEF TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

x \$4.50

CHICKEN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

x \$4.50

VEGETARIAN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

x \$4.50

TOSSED SALAD

- ranch dressing on the side

x \$2.50

CAESAR SALAD

- with parmesan cheese and croutons dressing on the side

x \$2.50

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML

x \$1.25

CHOCOLATE MILK

x \$2.50

WHITE MILK

x \$2.50

PURE APPLE JUICE 300 ML

x \$2.50

PURE ORANGE JUICE 300 ML

x \$2.50

MAC AND CHEESE & LAZY LASAGNA

Friday October 25th, 2019

-- ENTREE --

[hide]

MAC AND CHEESE

x \$5.25

LAZY LASAGNA

- with tomato meatsauce and lot of cheese

x \$5.25

-- SALADS AND SIDES --

[hide]

GARLIC TOAST

x \$1.75

VEGGIES AND DIP

- carrots, celery and snap peas with ranch dip

x \$2.00

FRESH FRUIT CUP

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

x \$3.25

CHICKEN CAESAR SALAD - ENTREE SIZE

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

x \$4.50

DELUXE GARDEN SALAD - ENTREE SIZE

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

x \$4.25

CROUTONS: CROUTONS

GREEK SALAD - ENTREE SIZE

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

x \$4.25

APPLE CHICKEN SALAD - ENTREE SIZE

- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side

x \$4.50

BEEF TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

x \$4.50

CHICKEN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

x \$4.50

VEGETARIAN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

x \$4.50

TOSSED SALAD

- ranch dressing on the side

x \$2.50

CAESAR SALAD

- with parmesan cheese and croutons dressing on the side

x \$2.50

-- DESSERT --

[hide]

ICE CREAM SUNDAE

TOPPING: STRAWBERRY CHOCOLATE

x \$2.00

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML

x \$1.25

CHOCOLATE MILK

x \$2.50

WHITE MILK

x \$2.50

PURE APPLE JUICE 300 ML

x \$2.50

PURE ORANGE JUICE 300 ML

x \$2.50

Order Total:

Place Order & Proceed

Cancel Changes

