



Healthy Choice Lunch Program Menu

Baked Chicken Nuggets

Honey Mustard for Dipping, Apple Sauce and Tossed Salad

Macaroni and Cheese

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

Lean Ground Beef Hamburger or Cheeseburger

Whole Wheat Hamburger Rolls, Lettuce and Tomato, Pickles
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

Applegate Farms Turkey Sub

Whole Wheat Roll, Cheese, Lettuce and Tomato
Fresh Fruit

Grilled Chicken over Salad Greens

With Croutons and Fresh Fruit

Steak Sandwich

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

Chef Salad

Applegate Farms Roast Beef, Ham, and Turkey
Low Fat Swiss Cheese and Fresh Fruit

Ham and Cheese Sandwich

2% Cheddar Cheese on Whole Wheat Bread
Carrots, Celery Sticks and Fresh Fruit

Pizza

Grilled Cheese

2% Cheddar Cheese on Whole Wheat Bread
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 Jack & Cheddar cheese
Salsa and Fruit Salad

Bagels - Regular or Whole Wheat

Plain, Butter or Cream Cheese

Beverages

Honest Kids Beverages, Fruitables Juices,
Milk, Chocolate Milk, 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****