

Healthy Choice Lunch Program Menu



Pizza

Grilled Cheese

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

Tuna Sandwich

Whole Wheat Kaiser Roll, Carrots, Celery Sticks and Fresh Fruit

Grilled Chicken over Salad Greens

With Croutons and Fresh Fruit

Grilled Chicken Sandwich

Whole Wheat Roll, Lettuce, Tomato, Carrots, Celery Sticks and Fresh Fruit

Steak Sandwich

Rib-eye Steak on Whole Wheat Roll, Cheese, Baked Fries, Carrots, Celery Sticks and Fresh Fruit

Roast Beef Sandwich

Applegate Farms Roast Beef, 2% American Cheese and Fresh Fruit

Ham and Cheese Sandwich

2% Cheddar Cheese on Whole Wheat Bread, Carrots and Fresh Fruit and Chips and Salsa on Taco Days

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, Scrambled Eggs, Turkey Bacon, Fresh Fruit Cup and Maple Syrup

Thanksgiving Feast

Mashed Potatoes, Cornbread, Stuffing, Veggies and Cranberry Sauce

Valentine's Day Lunch

Scrambled Eggs, Whole Grain Pancakes, Turkey Bacon, Maple Syrup Strawberries and Whipped Cream

St Patrick's Day Lunch

Corned Beef, Veggies and Potatoes

Baked Chicken Nuggets

Barbecue Sauce for Dipping, Apple Sauce and Tossed Salad

Macaroni and Cheese

Elbow Macaroni with 2% Cheddar Cheese, Tossed Salad & Fresh Fruit

Lean Ground Beef Hamburger or Cheeseburger

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

Turkey Chili

Ground Turkey Chili, Shredded Cheddar, Carrots, Celery Sticks and Fresh Fruit

Turkey Meatballs over Pasta

Tossed Salad and Fresh Fruit

Pasta with Broccoli and Grilled Chicken

Penne Pasta with Light Chicken Broth and Fresh Fruit

Baked Ziti

Ricotta Cheese, Marinara Sauce, Tossed Salad and Fresh Fruit

Chicken Parmigiana Sub

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

Meatball Parmigiana Sub

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

Cheese or Chicken Quesadillas

Flour tortilla folded over Jack & Cheddar cheese, Salsa and Fruit Salad

Turkey Hot Dog

Whole Wheat Long Roll, Relish, Sauerkraut and Fresh Fruit Salad

Applegate Farms Turkey Sub

Whole Wheat Soft Kaiser Roll, 2% Cheddar Cheese, Lettuce and Tomato, Carrots and Fresh Fruit

Turkey Bacon BLT

Turkey Bacon, Lettuce and Tomato, Carrots, Celery Sticks and Fresh Fruit

Chef Salad

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

Roasted Chicken Sandwich

Whole Wheat Roll, Lettuce, Tomato, Carrots, Celery Sticks and Fresh Fruit

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