



# Healthy Choice Lunch Program Menu

## *Baked Chicken Nuggets*

Barbecue Sauce 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 Pasta*

Tossed Salad and Fresh Fruit

## *Applegate Farms Turkey Sub*

Whole Wheat Kaiser Roll, Cheese, Lettuce and Tomato  
Carrots and Fresh Fruit and Chips and Salsa on Taco Days

## *Grilled Chicken over Salad Greens*

With Croutons and Fresh Fruit

## *Grilled Chicken Sandwich*

Whole Wheat Kaiser Roll, Carrots and Celery Sticks  
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

## *Turkey Bacon BLT*

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

## *Pizza*

## *Tuna Sandwich*

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

## *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

## *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

## *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, Fresh Fruit Cup and Maple Syrup

### *Thanksgiving Feast*

Mashed Potatoes, Cornbread,  
Stuffing, Veggies and Cranberry Sauce

### *Valentine's Day Lunch*

Whole Grain Pancakes, Turkey Bacon, Maple Syrup  
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\*\***