

SECONDARY LUNCH

Water/Water/Water

USDA is an equal opportunity provider a

WEEK #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
ENTRÉE CHOICE #1	Mesquite Chicken	Tandori Chicken	Soft Beef Taco (or Loco Taco)	Smoked Turkey Burger on Ciabatta Roll
ENTRÉE CHOICE #2 - V	Tortellini Alfredo	Vegetable Curry	Tortilla Black Bean Soup	Quinoa Salad or Bulgar Wheat Salad
ENTRÉE CHOICE #3	Shrimp Tacos	Israeli Couscous Salad	Carnitas w/ Whole Wheat Tortillas	Chef Salad
SIDE #1	Black Eye Pea Salad	Whole Wheat Naan	Mexicali Corn	MCCain "Smiles"
SIDE #2	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT
SIDE #3	CHOICE OF MILK	CHOICE OF MILK	CHOICE OF MILK	CHOICE OF MILK
WEEK #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
ENTRÉE CHOICE #1	Jamaican Jerk Chicken	Beef or Chicken Kabobs	Charbroiled Hamburger	Natural Roast Turkey & Au Jus
ENTRÉE CHOICE #2 - V	Creole Chickpea Stew	Chopped Greek Salad	Vegetable Manicotti	Potato Bolani
ENTRÉE CHOICE #3	Fish & Chips	Lentil & Brown Rice Cutlets	Chicken Pasta Salad	Pozole
SIDE #1	Broccoli	Hummus & Pita Chips	Sweet Potato Fries	Garlic String Green Beans
SIDE #2	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT
SIDE #3	CHOICE OF MILK	CHOICE OF MILK	CHOICE OF MILK	CHOICE OF MILK
WEEK #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
ENTRÉE CHOICE #1	New Orleans Chicken	Chicken Satay	Chile Verde	Lean Turkey Deli Sandwich
ENTRÉE CHOICE #2 - V	Vegetable Po Boy	Vegetable Chow Mein	Tostada Salad	Loaded Potato Skins
ENTRÉE CHOICE #3	Jambalaya	Vietnamese Style Turkey Sandwich	Chili Lime Wings	Salvadoran Beef Stew
SIDE #1	Red Beans & Rice	Organic Potato Wedges	Frozen Fruit Cup	Carrots
SIDE #2	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT
SIDE #3	CHOICE OF MILK	CHOICE OF MILK	CHOICE OF MILK	CHOICE OF MILK

BEEF
POTATO
CHICKEN

6-7 times
5
9-12 times

TURKEY
VEGETARIAN
Recipe w/ ingredients

and employer.

FRIDAY
Orange Chicken Bowl (or Tangerine Chicken) featuring California Walnuts
Asian Pad Thai
(Chicken or Pork) Bao
Chocolate Whey Cup
FRESH FRUIT
CHOICE OF MILK

FRIDAY
Teriyaki Beef & Broccoli with Brown Rice
California Sushi Roll
Chow Mein
Edamame
FRESH FRUIT
CHOICE OF MILK

FRIDAY
Wings of Fire
Yogurt, Almond & Peach Parfait
Torta (Beef/Chicken/Pork)
Tator Tots
FRESH FRUIT
CHOICE OF MILK

4

12-13 times