

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Egg & Cheese Croissants <i>Starchy</i> <small>Assorted Fruit & Milk</small>	Chicken Patty Sandwiches <i>Red Orange</i> <small>Assorted Fruit & Milk</small>	Chef's Choice Combo basket <i>Beans</i> <small>Assorted Fruit & Milk</small>	Chef's Choice Asian & Rice <i>Other</i> <small>Assorted Fruit & Milk</small>	Pizza <i>Dark Green</i> <small>Assorted Fruit & Milk</small>
French Toast w/ Sausages <i>Starchy</i> <small>Assorted Fruit & Milk</small>	Chicken Ranch Wrap <i>Red Orange</i> <small>Assorted Fruit & Milk</small>	Chef's Choice Nachos <i>Spicy Queso Beans</i> <small>Assorted Fruit & Milk</small>	Chef's Choice Pasta <i>Other</i> <small>Assorted Fruit & Milk</small>	Chef's Choice Pizza <i>Dark Green</i> <small>Assorted Fruit & Milk</small>
Pancakes & Eggs <i>Beans</i> <small>Assorted Fruit & Milk</small>	Chicken Parm sandwich <i>Red Orange</i> <small>Assorted Fruit & Milk</small>	Chef's Choice Combo basket <i>Other</i> <small>Assorted Fruit & Milk</small>	Chef's Family Dinner with Gravy <i>Starchy</i> <small>Assorted Fruit & Milk</small>	Pizza <i>Dark Green</i> <small>Assorted Fruit & Milk</small>
Chicken & Waffles <i>Red Orange</i> <small>Assorted Fruit & Milk</small>	Chef's Choice Club <i>Chips</i> <small>Assorted Fruit & Milk</small>	Chef's Choice Tacos <i>Beans</i> <small>Assorted Fruit & Milk</small>	Chef's Choice Cookout <i>Other</i> <small>Assorted Fruit & Milk</small>	Chef's Choice Pizza <i>Dark Green</i> <small>Assorted Fruit & Milk</small>
Chef's Choice Breakfast <i>Starchy</i> <small>Assorted Fruit & Milk</small>	Chef's Choice Melt <i>Tomato Soup</i> <small>Assorted Fruit & Milk</small>	Chef's Choice Combo basket <i>Beans</i> <small>Assorted Fruit & Milk</small>	Mac & cheese w/ nuggets <i>Other</i> <small>Assorted Fruit & Milk</small>	Pizza <i>Dark Green</i> <small>Assorted Fruit & Milk</small>

Menu Subject to Change without Notice



MENU DESCRIPTIONS:

Chef Choice Pasta: Lasagna Rollups / Spaghetti & Meatballs with Marinara / Chicken Alfredo

Chef Choice Club: Hot Chicken / Turkey on toast

Chef Choice Asian: Beef or Chicken with Teriyaki / Sweet & sour / General Tso

Chef Choice Nachos: Beef & Cheese / BBQ Chicken & Cheese / Chicken & Cheese

Chef Choice Combo: Chicken Nuggets with Mozzarella Sticks / Mac & Cheese Bites / Pizza Crunchers

Chef's Family Dinner: Roast Turkey / Ham / Roast Beef / Meatloaf

Chef's Choice Cookout: Hamburgers, Hot dogs, BBQ pulled pork.

Chef's Choice Pizza: French Bread / Stromboli

Chef's Choice Breakfast: Egg & cheese Quesadilla / Tater tot casserole / Bagel Sandwiches

Chef's Choice Melt: Grilled Cheese / Patty Melt / Turkey or Ham & Cheese melt.

Chicken & Waffles: Waffles with Chicken Tenders

Garden Salad: Romaine, Peppers: Red/Green, Onion, Meat, Cheese, Hummus & Croutons

Yogurt Cereal: Cheerios, Low fat yogurt, assorted fruit, Cheese Stick.

Breakfast Wrap: Meat, Eggs & Cheese in a Whole Wheat wrap.

September				
Mo	Tu	We	Th	Fr
		30	31	1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

February				
Mo	Tu	We	Th	Fr
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	

October				
Mo	Tu	We	Th	Fr
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

March				
Mo	Tu	We	Th	Fr
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

November				
Mo	Tu	We	Th	Fr
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

April				
Mo	Tu	We	Th	Fr
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

December				
Mo	Tu	We	Th	Fr
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

May				
Mo	Tu	We	Th	Fr
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

January				
Mo	Tu	We	Th	Fr
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

June				
Mo	Tu	We	Th	Fr
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
See you next year!				

SOUTHWICK REGIONAL

We are required to offer one of each Vegetable subgroup each week. Below are some of the options we will be serving.

Dark Green	Red / Orange	Starchy	Beans & Legumes	Other
Broccoli	Carrot: Roasted / Raw	Corn	Black Beans & Corn with Cheese	Cauliflower Onion: Rings
Spinach	Sweet Potatoes: Fries	Green Peas	Pinto Bean: Layered Bean Dip	Cucumbers Cabbage: Coleslaw, eggrolls
Kale	Pumpkin	Yams	Baked Beans	Pickles Avacado: Guacamole
Leafy Greens	Tomato: Soup, Sauce, Diced, salsa	Potato: Fries, hash browns, etc	Garbanzo / Chickpea: Hummus	Brussel Sprouts Green Beans

Garden Salad incorporates all the sub groups!

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Starting August 2023 all student meals are permanently FREE.

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Each student can get One Free Breakfast & Lunch, every day!

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