

-FOOD COURT-



BREAKFAST

- ◆ **Bagel with Cream Cheese**
Whole grain bagel with cream cheese
- ◆ **Bean & Cheese Burrito**
Made with a whole grain tortilla
- ◆ **Beef & Bean Burrito**
Made with a whole grain tortilla
- ◆ **Breakfast Sandwich**
Sausage, egg, and cheese on a whole grain English muffin
- ◆ **Cereal & Crackers**
Variety of sweetened and unsweetened cereal served with whole grain crackers
- ◆ **Cinnamon Roll**
Fresh baked, whole grain cinnamon pastry. Lightly frosted with icing
- ◆ **French Toast Sticks**
Whole grain French toast sticks served with syrup
- ◆ **Grilled Cheese Sandwich**
Made with whole grain bread
- ◆ **Mini Pancakes**
Whole grain, maple Favored mini pancakes
- ◆ **Peanut Butter & Jelly Sandwich**
Whole grain sandwich filled with creamy peanut butter and jelly
- ◆ **Yogurt Bowl with Granola**
Low-fat yogurt served with house-made granola

SIDES Milk — 100% Fruit Juice — Fruit

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LUNCH

◆ Bean & Cheese Burrito

Made with a whole grain tortilla

◆ Cheeseburger or Hamburger

Served on a whole grain bun

◆ Chef Salad

Turkey ham, cherry tomatoes & shredded cheddar cheese on a bed of fresh romaine and iceberg lettuce. Served with ranch dressing and spicy cheese crackers

◆ Chicken Teriyaki Bowl

Chicken with house-made teriyaki sauce served with whole grain rice and a whole grain roll

◆ Chicken Tenders

Served with a whole grain roll

◆ Deli Sandwiches

Cold and hot sandwiches available

◆ Nacho Supreme

Ground beef, beans, nacho cheese sauce, tomatoes, and jalapenos. Served with whole grain tortilla chips

◆ Peanut Butter & Jelly Sandwich

Whole grain sandwich filled with creamy peanut butter and jelly

◆ Pizza, Pepperoni or Cheese

Personal pan pizza made with a whole grain crust

◆ Spicy Cheese Crunchers

Crunchers filled with melted mozzarella cheese and a dash of spicy buffalo sauce

◆ Spicy Chicken Nuggets

Served with a whole grain roll

◆ Spicy Chicken Sandwich

Served on a whole grain bun

◆ Tuna Salad

Tuna, cherry tomatoes, and shredded cheddar cheese on a bed of fresh romaine and iceberg lettuce. Served with ranch dressing and spicy cheese crackers

◆ Yogurt Bowl with Granola

Low-fat yogurt served with house-made granola

SIDES

Milk — 100% Fruit Juice — Fruit — Vegetables