



Sandi Coast Express Lunch Menu (Allergens & Ingredients)

Menus Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
Milk Assorted (D)	Milk Assorted (D)	Milk Assorted (D)	Milk Assorted (D)	Milk Assorted (D)
Teriyaki Chicken (S,W) w/Whole Grain Rice	Soft Beef Taco (D,S,W) Beef, Cheese, Tortilla	Mandarin Chicken (E,S,W) w/Whole Grain Rice	Cheeseburger (D,S,W)	Chicken Nuggets (S,W) w/Roll (S,W)
Chicken Tenders (S,W) w/Waffle (D, E, S, W)	Turkey Pepperoni Pizza (D,S,W)	Chicken Patty Sandwich (S,W)	Buffalo Chicken Pizza (D,S,W)	Chili, Cheese (D) Chips (S) ✓
Chicken Caesar Salad (D, E, S) w/ Roll (S, W) Lettuce, Tomato, Cheese, Caesar Dressing, Chicken (served on side) ✓	Greek Salad (D,S) w/ Flatbread (D,S,W) Lettuce, Tomato, Cucumber, Garbanzo Beans, Olives, Cheese, Fat-free Italian Dressing ✓	Garden Salad (D,E,S) w/Roll (S,W) Lettuce, Tomato, Carrots, Cheese, Ranch Dressing, Chicken (served on side) ✓	Greek Salad (D,S) w/ Flatbread (D,S,W) Lettuce, Tomato, Cucumber, Garbanzo Beans, Olives, Cheese, Fat-free Italian Dressing ✓	Chicken Caesar Salad (D, E, S) w/ Roll (S, W) Lettuce, Tomato, Cheese, Caesar Dressing, Chicken (served on side) ✓
Chicken Ranch Wrap (D,E,S,W) Flour Tortilla, Chicken, Lettuce, Cheese, Ranch Dressing	Buffalo Chicken Wrap (D,E,S,W) Flour Tortilla, Chicken, Lettuce, Cheese, Buffalo Sauce, Ranch Dressing	Chicken Ranch Wrap (D,E,S,W) Flour Tortilla, Chicken, Lettuce, Cheese, Ranch Dressing	Turkey & Provolone Sandwich (D,S,W) Turkey, Cheese, Lettuce, Kaiser Roll	Buffalo Chicken Wrap (D,E,S,W) Flour Tortilla, Chicken, Lettuce, Cheese, Buffalo Sauce, Ranch Dressing
Daily Variety of Fresh Fruits and Vegetables	Daily Variety of Fresh Fruits and Vegetables	Daily Variety of Fresh Fruits and Vegetables	Daily Variety of Fresh Fruits and Vegetables	Daily Variety of Fresh Fruits and Vegetables

D = Dairy E = Eggs F = Fish P = Peanuts SF = Shellfish S = Soy N = Tree Nuts W = Wheat

✓ Plant-forward Menu Item

This institution is an equal opportunity provider

September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	19	20	21	22	23	
	Milk Assorted (D)	Milk Assorted (D)	Milk Assorted (D)	Milk Assorted (D)	Milk Assorted (D)	
	Condiments (E, S, W)	Condiments (E, S, W)	Condiments (E, S, W)	Condiments (E, S, W)	Condiments (E, S, W)	
	Teriyaki Chicken + WG Ric (S, W)	Soft Beef Taco (D, S, W)	Mandarin Chicken + WG Ric (E, S, W)	Cheeseburger (D, S, W)	Chicken Nuggets (S, W)	
	Chicken Tenders + Waffle (D, E, S, W)	Turkey Pepperoni Pizza (D, S, W)	Chicken Patty Sandwich (S, W)	Lettuce and Pickle Cup	Chili Cheese Nachos (D, S)	
	Chicken Salad + Roll (D, E, S, W)	Salad, Mediterranean Greek (D, S)	Buffalo Chicken Pizza (D, S, W)	Salad, Mediterranean Greek (D, S)	Chicken Salad + Roll (D, E, S, W)	
	Chicken Ranch Wrap (D, E, S, W)	Flatbread (D, S, W)	Garden Salad + Roll (D, E, S, W)	Flatbread (D, S, W)	Chicken Buffalo Wrap (D, E, S, W)	
	Salad Bar (D, E, S)	Chicken Buffalo Wrap (D, E, S, W)	Chicken Ranch Wrap (D, E, S, W)	Turkey & Provolone Sandwich (D, S, W)	Salad Bar (D, E, S)	
	Applesauce	Salad Bar (D, E, S)	Salad Bar (D, E, S)	Salad Bar (D, E, S)	Applesauce	
		Applesauce	Applesauce	Applesauce		

Allergens

D = Dairy E = Eggs F = Fish P = Peanuts SF = Shellfish S = Soy N = Tree Nuts W = Wheat

This institution is an Equal Opportunity Provider

September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	26	27	28	29	30	
	Milk Assorted (D)	Milk Assorted (D)	Milk Assorted (D)	Milk Assorted (D)	Milk Assorted (D)	
	Condiments (E, S, W)	Condiments (E, S, W)	Condiments (E, S, W)	Condiments (E, S, W)	Condiments (E, S, W)	
	Teriyaki Chicken + WG Ric (S, W)	Soft Beef Taco (D, S, W)	Mandarin Chicken + WG Ric (E, S, W)	Cheeseburger (D, S, W)	Chicken nuggets + Roll (S, W)	
	Chicken Tenders + Waffle (D, E, S, W)	Turkey Pepperoni Pizza (D, S, W)	Chicken Patty Sandwich (S, W)	Lettuce and Pickle Cup	Chili Cheese Nachos (D, S)	
	Chicken Salad + Roll (D, E, S, W)	Salad, Mediterranean Greek (D, S)	Lettuce and Pickle Cup	Buffalo Chicken Pizza (D, S, W)	Chicken Salad + Roll (D, E, S, W)	
	Chicken Ranch Wrap (D, E, S, W)	Flatbread (D, S, W)	Garden Salad + Roll (D, E, S, W)	Salad, Mediterranean Greek (D, S)	Chicken Buffalo Wrap (D, E, S, W)	
	Salad Bar (D, E, S)	Chicken Buffalo Wrap (D, E, S, W)	Chicken Ranch Wrap (D, E, S, W)	Flatbread (D, S, W)	Salad Bar (D, E, S)	
	Applesauce	Salad Bar (D, E, S)	Salad Bar (D, E, S)	Turkey & Provolone Sandwich (D, S, W)	Applesauce	
		Applesauce	Applesauce	Salad Bar (D, E, S)		
				Applesauce		

Allergens

D = Dairy E = Eggs F = Fish P = Peanuts SF = Shellfish S = Soy N = Tree Nuts W = Wheat

This institution is an Equal Opportunity Provider