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FOOD & NUTRITION SERVICES  
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# GRAB N' GO LUNCH

## 2022-2023

Menus are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>OPTION #1</b></p> <ul style="list-style-type: none"> <li>● Hummus + String Cheese</li> <li>● Tortilla Chips</li> </ul> <p><b>OPTION #2</b></p> <ul style="list-style-type: none"> <li>● Cheese Stick</li> <li>● Sunbutter &amp; Jelly Sandwich</li> </ul> <p><b>SIDES</b></p> <ul style="list-style-type: none"> <li>● Baby Carrots w/ Ranch</li> </ul>	<p><b>OPTION #1</b></p> <ul style="list-style-type: none"> <li>● Turkey &amp; Cheese Sandwich</li> </ul> <p><b>OPTION #2</b></p> <ul style="list-style-type: none"> <li>● Mediterranean Salad</li> <li>● Flatbread</li> </ul> <p><b>SIDES</b></p> <ul style="list-style-type: none"> <li>● Seasoned Corn</li> </ul>	<p><b>OPTION #1</b></p> <ul style="list-style-type: none"> <li>● Garden Chicken Salad</li> <li>● Dinner Roll</li> </ul> <p><b>OPTION #2</b></p> <ul style="list-style-type: none"> <li>● Mexican Bean Bowl</li> <li>● Tortilla Chips</li> </ul> <p><b>SIDES</b></p> <ul style="list-style-type: none"> <li>● Cucumber Slices w/ Ranch</li> </ul>	<p><b>OPTION #1</b></p> <ul style="list-style-type: none"> <li>● Turkey &amp; Swiss on Kaiser Roll</li> </ul> <p><b>OPTION #2</b></p> <ul style="list-style-type: none"> <li>● Hummus + String Cheese</li> <li>● Tortilla Chips</li> </ul> <p><b>SIDES</b></p> <ul style="list-style-type: none"> <li>● Go'Bonzo's Roasted Chickpeas</li> </ul>	<p><b>OPTION #1</b></p> <ul style="list-style-type: none"> <li>● Chicken Ceaser Salad</li> <li>● Dinner Roll</li> </ul> <p><b>OPTION #2</b></p> <ul style="list-style-type: none"> <li>● Vegetarian Deluxe on Kaiser Roll</li> </ul> <p><b>SIDES</b></p> <ul style="list-style-type: none"> <li>● Broccoli Buds w/ Ranch</li> </ul>

COMPONENTS

- Vegetable
- Fruit
- Meat/Meat Alternative
- Grain
- Milk

PLEASE REMEMBER

**1/2 cup Fruit**

OR

**1/2 cup Vegetable**

You can take more than 1/2 cup

NUTRITION/ALLERGENS



SIDES AVAILABLE DAILY → ● Fresh Fruit → ● Dried Cranberries → ● 1% White Milk → ● Chocolate Milk

This institution is an equal opportunity provider

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Grade 9-12

Rev. Date 06/30/2022