



GRAB N' GO LUNCH

2022 - 2023

Healthy food.
Successful students.
FOOD & NUTRITION SERVICES
www.sandi.net/food

Menus are subject to change.

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

- 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 K-8

Rev. Date 06/30/2022