



SEPTEMBER 2015: High School Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	New York Thursday 3	4
	Burger Sliders Deluxe Toppings	Creamy Ranch Grilled Chicken Sandwich	Assorted Hot Sandwiches	<u>Crispy Chicken Sandwich</u> Dipping Sauces
	<u>Eat Your Colors</u> Baked French Fries	<u>Eat Your Colors</u> Pickles & Onion Rings Cucumber Salad	<u>Eat Your Colors</u> Cold Bean Salad	<u>Eat Your Colors</u> Marinated Tomato Salad
Labor Day 7	8	First Day of School 9	New York Thursday 10	11
Bagel Pizza	Assorted Hot Sandwiches	Burger Sliders	Boneless BBQ Chicken Buttermilk Biscuit	Bagel Pizza Garden Veggie
<u>Eat Your Colors</u> • Chickpea Salads	<u>Eat Your Colors</u> Green Beans	<u>Eat Your Colors</u> French Fries	<u>Eat Your Colors</u> Braised Collards	<u>Eat Your Colors</u> Crunchy Carrots
			• Fresh Apple	
Rosh Hashanah 14	Rosh Hashanah 15	16	New York Thursday 17	18
Jamaican Beef Patty	Chicken Tenders Dinner Roll	Cheese Stuffed Shells Marinara Sauce Dinner Roll	• Jamaican Beef Patty	Cheese Calzone
<u>Eat Your Colors</u> Sweet Potato Waffle Fries	<u>Eat Your Colors</u> • Chickpea Salad	<u>Eat Your Colors</u> Green Beans	<u>Eat Your Colors</u> Plantains	<u>Eat Your Colors</u> Kale Salad
			• Fresh Apple	
21	22	Yom Kippur 23	Eid al-Adha 24	25
Crispy Chicken Sandwich Dipping Sauces	• Jamaican Beef Patty	Turkey Burger Deluxe Toppings	Chicken Tenders Dinner Roll	Bagel Pizza
<u>Eat Your Colors</u> Seasoned Wedge Fries	<u>Eat Your Colors</u> Green Beans	<u>Eat Your Colors</u> • Chickpea Salad	<u>Eat Your Colors</u> Spinach	<u>Eat Your Colors</u> Crunchy Carrots
			• Fresh Apple	
28	29	30	 <p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING</p> <ul style="list-style-type: none"> • LOCALLY SOURCED & PRODUCED FOOD 	
Cheese Calzone	Chicken Tenders Dipping Sauces	• Jamaican Beef Patty		
<u>Eat Your Colors</u> Spinach	Cookie Treat	<u>Eat Your Colors</u> Sweet Potato Wedges		
	<u>Eat Your Colors</u> Green Beans			

Offered Daily: Milk (1% low fat, fat free & fat free chocolate), Fresh Fruit, PB&J, and Cheese Sandwiches

Spice Station: Granulated Garlic, Red Pepper Flakes, Oregano

Dipping Sauces-IND: Asian Sesame, Blue Cheese, BBQ, Caesar, Chipotle Ranch, Honey Mustard, Ranch

Condiments: Ketchup, Mustard, Mayonnaise, Thai Chili Sauce, Hot Sauce

Dressings: Asian Sesame, Balsamic, Blue Cheese, Caesar, Chipotle Ranch, Ranch, Honey Mustard, French, Lite Italian

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