

# what's for lunch?

## sample lunch menu

monday	tuesday	wednesday	thursday	friday
<p><b>cheesy pizza bites</b> whole-grain crust filled with mozzarella cheese and pizza sauce (vegetarian)</p> <p><b>honey mustard salad with grilled chicken bites</b> chilled corn and green peas over chopped romaine with grilled chicken bites, served with Revolution Foods' own honey mustard dressing (dairy free)</p> <p><b>chicken taco trio</b> with brown rice</p>	<p><b>breakfast for lunch</b> whole-grain pancakes and a cheese omelet served with syrup (vegetarian)</p> <p><b>chicken potstickers with not-so-fried rice</b> brown rice loaded with scrambled eggs, ginger, garlic and sweet diced carrots, drizzled with soy sauce</p> <p><b>buffalo chicken wrap</b> diced, grilled chicken breast, buffalo sauce and mozzarella cheese wrapped in a whole-grain tortilla</p>	<p><b>cheese ravioli</b> with marinara sauce (vegetarian)</p> <p><b>philly cheesesteak sandwich</b> thinly sliced beef, sautéed peppers &amp; onions, loaded with a house-made blend of real mozzarella, cheddar and parmesan on a whole-grain bun</p> <p><b>mighty meaty deli combo sandwich</b> turkey ham, turkey salami, and two slices of mozzarella cheese on a soft, whole-grain roll</p>	<p><b>bean &amp; cheese pupusa</b> a thick, whole-grain corn tortilla stuffed with pinto beans and mozzarella cheese (vegetarian)</p> <p><b>classic spaghetti &amp; meatballs</b> whole-grain pasta with beef &amp; turkey meatballs in marinara sauce (dairy free)</p> <p><b>turkey and cheddar cheese sandwich</b> with fresh leaf lettuce on a whole-grain sub roll</p>	<p><b>veggie taco salad</b> romaine lettuce with pinto beans, salsa fresca, mozzarella cheese and our yogurt ranch (vegetarian)</p> <p><b>crispy chicken sandwich</b> with ketchup on a whole-grain bun (dairy free)</p> <p><b>baked mac &amp; cheese</b> with grilled chicken bites, served with bbq sauce</p>
<p><b>veggie of the day:</b> edamame &amp; grapes</p>	<p><b>veggie of the day:</b> chilled cucumber slices</p>	<p><b>veggie of the day:</b> chili citrus corn</p>	<p><b>veggie of the day:</b> island glazed carrots</p>	<p><b>veggie of the day:</b> broccoli with ranch</p>
<p><b>seasonal fresh fruit of the day:</b> pears</p>	<p><b>seasonal fresh fruit of the day:</b> bananas</p>	<p><b>seasonal fresh fruit of the day:</b> plums</p>	<p><b>seasonal fresh fruit of the day:</b> cut melon</p>	<p><b>seasonal fresh fruit of the day:</b> apples</p>

Sample list of offerings for SY 2017-18; exact offerings are subject to change for SY 2018-19