

| | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|-----------|-----------|----|-----------|----|--------------------|----|------------------------|----|--|----|
| | AUGUST | 18 | AUGUST | 19 | AUGUST | 20 | AUGUST | 21 | AUGUST | 22 |
| PROTEIN | NO SCHOOL | | NO SCHOOL | | Beef burger on bun | | Chicken Schnitzel | | Cheese Pizza - Gluten free available - Soup of the day | |
| SIDE | | | | | French Fries | | Mashed potatoes | | Garlic roll | |
| VEGETABLE | | | | | Coleslaw Salad | | Green beans and garlic | | Cesar Salad | |
| FRUIT | | | | | Fruit of the day | | Fruit of the day | | Fruit of the day | |

Every day we also have: Plain Pasta, Fresh Tomatoes, Cucumber and Carrots.

ALL OUR SALADS AND DRESSINGS ARE MADE WITH OLIVE OIL

SMALL SIZE HEALTHY SOUP OF THE DAY AND SALAD OFFERED DAILY \$5.00 -

A LA CARTE MENU AVAILABLE EVERY DAY // SEE MEAT DAYS VS DAIRY DAYS. \$10.- PRE ORDER / \$12.- DAY OFF

MEAT DAYS:

Chicken Schnitzel \$10.-
Chicken burrito \$10.-
House salad with grilled chicken \$10.-
Sushi \$8.-
Tuna salad wrap or on a bagel with chips \$10.-
Poke (chicken) \$10.-
Roasted veggie wrap \$10.-
Hamburger, lettuce and tomato \$10.-

DAILY SNACK

Yogurt parfait \$5.-
Hummus and Chips \$5.-
Guacamole Chips \$5.-
French Fries \$5.-
Homemade Cookies Pack \$5.-

DAIRY DAYS:

Mozzarella sticks and Small Mac and Cheese \$10.-
Cheese quesadilla \$10.-
Tuna melt wrap \$10.-
Cesar Salad or Greek Salad \$8.-
Sushi \$8.-
Poke (fish) \$10.-
Roasted veggie wrap \$10.-

SALAD BAR - MIDDLE SCHOOL / HIGH SCHOOL - \$10.-

VEGETABLES

Lettuce Cucumbers
Spring mix Purple cabbage
Tomatoes Olives
Carrots Corn

PROTEINS (CHOICE OF)

Chickpeas
Hard boiled eggs
Tuna salad
Crispy Tofu

DRESSINGS

Cesar
Lemon Dressing
Thousand island
Vinaigrette

EXTRA

Croutons
Crispy sweet potatoes
Crispy onions