

**High School Lunch Alternates Menu**

Specialty	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>					
Vegetarian	<i>Hummus w. Pita Chips &amp; Greens</i>	<i>Southwest Quinoa Salad</i>	<i>Cottage Cheese &amp; Veggies w. Breadstick</i>	<i>Tabbouleh w. Feta &amp; Greens</i>	Southwest Caesar Salad
	<i>Veggie Burger</i>	<i>Black Bean Burger</i>	<i>Veggie Burger</i>	<i>Black Bean Burger</i>	<i>Veggie Burger</i>
Salad- With Breadstick or Croutons	Chef Salad w. Ham, Egg	Southwest Chicken Caesar	Tuna Salad w. Greens	Sesame Chicken Asian Noodles w. Greens	Egg Salad w. Greens
Wrap	<i>Siracha Chicken Wrap</i>	<i>Hot Cuban</i>	<i>Sesame Ginger Tuna Wrap</i>	Italian Combo	<i>California Turkey Wrap</i>
Yogurt Parfait w. Granola	Strawberry	Peach	Raspberry	Pineapple	Mixed
Daily HS Alternates: Pizza, Burger ,Chicken Patty, PBJ w. Cheese Stick, Cheese Sandwich, Turkey Sandwich					

Specialty	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 2</b>					
Vegetarian	<i>Cottage Cheese &amp; Veggies w. Breadstick</i>	<i>Chickpea Waldorf Salad</i>	<i>Mediterranean Quinoa Salad w. Feta</i>	<i>Hummus w. Pita Chips</i>	Chickpea Salad w. Greens
	<i>Veggie Burger</i>	<i>Black Bean Burger</i>	<i>Veggie Burger</i>	<i>Black Bean Burger</i>	<i>Veggie Burger</i>
Salad- With Breadstick or Croutons	Chef Salad w. Turkey, Egg	Backyard BBQ Chicken Salad	Thai Style Salad w. Chicken	Chicken Fajita Salad	Tuna Salad w. Greens
Wrap	<i>Italian Ham Wrap</i>	<i>Chicken Salad Pita</i>	<i>Siracha Chicken Wrap</i>	<i>Turkey With Cranberry Spread</i>	<i>California Chicken Wrap</i>
Yogurt Parfait w. Granola	Strawberry	Peach	Raspberry	Pineapple	Mixed
Daily HS Alternates: Pizza, Burger ,Chicken Patty, PBJ w. Cheese Stick, Cheese Sandwich, Turkey Sandwich					