

JCDS Lunch Menu 1/13 - 1/17

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1/13/2020	1/14/2020	1/15/2020	1/16/2020	1/17/2020
PROMOTION					
SOUP	Three Bean	Mexican Chicken	Egg Drop	Tomato Bisque	Vegetable & Farro
ENTRÉE	Pepperoni Pizza	Shredded Beef Taco	Chicken Thigh Teriyaki	Grilled Ham & Cheese	Beef Meatball Sub
VEGETARIAN ENTRÉE	Cheese Pizza	Pinto Bean Taco	Edamame Stir-fry	Grilled Cheese	Tofu Meatball Sub
VEGETABLE	Vegetable Crudite	Corriander Wilted Spinach	Steamed Broccoli	Peas & Carrots	Steamed Green Beans
STARCH SIDE	Hummus	Spanish Rice	Japanese Yakisoba Noodles	Mashed Potatoes	French Fries
DESSERT	Chocolate Chip Brookies	Fresh Melon	Jello	Pineapple	Cheese Cake

DAILY OFFERINGS:

Deli Bar: House roasted turkey, assortment of deli meats, assortment of sliced cheeses, freshly prepared deli salads to include chicken, egg and tuna, hummus and deli accoutrements to include mayonnaise, low-fat mayonnaise, mustards, house-made spreads, pickles and hot peppers, grab & go artisanal sandwich specials

Salad Bar: Simple greens and seasonal gourmet greens, assortment of freshly cut and prepared salad toppings, grains, legumes, house-made salad dressings to include low-fat and organic salad dressings, house-made croutons and crisps.

Special Dietary Needs: Segregated station featuring items made without gluten containing ingredients. Flik is also nut aware, meaning we do not prepare foods with nuts or any nut containing ingredients.

Sweet Offerings: Assortment of local and seasonal hand fruit

Beverages: Skim and 2% milk, water bottles, water works

Snack/Grab & Go: A Selection of house-made options including hummus cups, vegetable crudité, fruit cups, and more

Pricing: \$6.00 for Lunch Combo (Includes one entrée, two sides, one sweet offering, and a beverage)

\$4.50 for Lunch Combo for Pre-K 3, Pre-K 4, and Kindergarten students

A la Carte Items available for purchase (Entrees \$3.25, Sides \$1.25 - \$2.50)

