



## JCDS Lunch Menu 10/5 - 10/9

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10/5/2020	10/6/2020	10/7/2020	10/8/2020	10/9/2020
		<b>Optional Additional Side:</b> Tomato Bisque	<b>No Classes - Parent Teacher Conferences</b>		<b>Optional Additional Side:</b> Breadstick
<b>ENTRÉE</b>	Pepperoni Pizza	Grilled Ham & Cheese		Meatball Sub	Chicken Parmesan w/ Marinara Sauce
<b>VEGETARIAN ENTRÉE</b>	Cheese Pizza	Grilled Cheese		Tofuball Sub	Eggplant Parmesan w/ Marinara Sauce
<b>VEGETABLE SIDE</b>	Vegetable Crudite	Steamed Green Beans		Steamed Broccoli	Basil Roasted Cauliflower
<b>STARCH SIDE</b>	Citrus Hummus	Mashed Potatoes		Baked French Fries	Pasta w/ Olive Oil
<b>CHICKEN SALAD</b>	Garden Vegetable Chicken Salad	Buffalo Chicken Salad		Buffalo Chicken Salad	Garden Vegetable Chicken Salad
<b>DESSERT</b>	Chocolate Chip Cookie	Sliced Apples		Sliced Oranges	Rice Krispie Treats

### DAILY OFFERINGS:

Salad & Deli Offerings: Large salads with chicken salad of the day, side salads, house made dressings, fresh toppings. Peanut butter and jelly sandwiches.

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

Sweet Offerings: Assortment of local and seasonal fruits, house made baked goods

Beverages: 2% milk, soy milk, water bottles

Snack/Grab & Go: Unsweetened applesauce, Cheese stick, Side salad, hand fruit

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)

