



Lunch Menu 12/09 - 12/13

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	12/9/2019	12/10/2019	12/11/2019	12/12/2019	12/13/2019
PROMOTION					
SOUP	Minestrone	Corn Bisque	Chicken Noodle	Pinto Bean & Ham	Fish Chowder
ENTRÉE	Beef Bolognese Sauce	Ground Beef Taco	All Beef Hot Dog	Turkey Chili Mac	BBQ Chicken Thigh
VEGETARIAN ENTRÉE	Cheese Tortellini	Pinto Bean Taco	Veggie Burger	Macaroni & Cheese	BBQ Tofu
VEGETABLE	Steamed Broccoli	Cilantro Lime Cauliflower	Roasted Mushrooms	Steamed Green Beans	Roasted Yellow Squash
STARCH SIDE	Pasta W/ Olive Oil	Rice Pilaf	Potato Wedges	Braised Green Lentils	BBQ Baked Bean
DESSERT	Chocolate Chip Cookies	Orange Wedges	Chocolate Cake	Fresh Melon	Banana Pudding

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)

