



Lunch Menu Week 2

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8/20/18	43333	8/22/18	8/23/18	8/24/18
PROMOTION		#Foodfocus - BBQ Chicken Slider			
SOUP	Spicy Tomato & Avocado	Vegetable Brunswick Stew	French Onion	Ginger Chicken Noodle	Baked Potato Soup
ENTRÉE	Pepperoni Pizza	BBQ Chicken Thigh Slider	Beef Stew	Sweet & Sour Chicken Breast	Roasted Pork Loin
VEGETARIAN ENTRÉE	Cheese Pizza	Macaroni & Cheese	Braised Black Beans	Sweet & Sour Tofu	Black Eyed Peas
VEGETABLE	Vegetable Crudité	Collard Greens	Sauteed Mushrooms	Stir-fried Vegetables	Cider Braised Cabbage
STARCH SIDE	Hummus	Baked Beans	Rice Pilaf	Lo Mein	Roasted Potato Wedges
DESSERT	Brownies	Sliced Watermelon	Honeydew	Ice Cream	Spiced Apples

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, 1% and 2% milk, water works

Snack/Grab & Go: A Selection of house-made options including hummus cups, vegetable cruditie, 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)