



## Lunch Menu Week 3

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8/27/18	8/28/18	8/29/18	8/30/18	8/31/18
<b>PROMOTION</b>		#Tastings - Stone Fruit			
<b>SOUP</b>	Broccoli & Cheddar Soup	Hot & Sour Soup	Grits	Tomato Bisque	Italian Wedding Soup
<b>ENTRÉE</b>	Turkey Chili	Beef & Broccoli Stir-fry	Pork Bacon	Lemon Thyme Seared Chicken Breast	Meat Lasagna
<b>VEGETARIAN ENTRÉE</b>	White Bean Chili	Tofu & Broccoli Stir-fry	Scrambled Eggs	Lemon Thyme Seared Tofu	Three Cheese Lasagna
<b>VEGETABLE</b>	Steamed Broccoli	Snap Peas	Breakfast Potatoes	Zucchini & Yellow Squash	Peas & Carrots
<b>STARCH SIDE</b>	Baked Potato	Fried Rice	Pancakes	Roasted Sweet Potatoes	Bread Sticks
<b>DESSERT</b>	Chocolate Chip Cookies	Sliced Apples	Yogurt W/ Berries	Yellow Cake W/ House made Caramel Sauce	Orange Wedges

### 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 milk, 2% milk, Silk soy milk, and 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)