



Lunch Menu 4/5 - 4/9

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	4/5/2021	4/6/2021	4/7/2021	4/8/2021	4/9/2021
Connection	No Classes				
ENTRÉE		All Beef Hot Dog	Pepperoni Flatbread	Chicken Lo Mein	Turkey Sausage Patties
VEGETARIAN ENTRÉE		Veggie Burger	Three Cheese Flatbread	Edamame Lo Mein	Scrambled Eggs
VEGETABLE		Roasted Carrots	Vegetable Crudite	Steamed Broccoli	Hash Browns
STARCH SIDE		Tater Tots	Citrus Hummus	Steamed Jasmine Rice	French Toast
CHICKEN SALAD		Bacon Cheddar Chicken Salad	Nut Free Waldorf Chicken Salad Over Field Greens	Bacon Cheddar Chicken Salad	Nut Free Waldorf Chicken Salad Over Field Greens
DESSERT		Chocolate Chip Cookie	Watermelon	Vanilla Pudding	Yogurt w/ Strawberries

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)

