



JCDS Lunch Menu 8/10 - 8/14

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8/10/2020	8/11/2020	8/12/2020	8/13/2020	8/14/2020
			First Day of Classes Welcome Back!		Optional additional Side: Breadstick
ENTRÉE			Pepperoni Pizza	BBQ Pulled Pork Sandwich	Chicken Parmesan W/ Marinara Sauce
VEGETARIAN ENTRÉE			Cheese Pizza	Macaroni & Cheese	Eggplant Parmesan W/ Marinara Sauce
VEGETABLE SIDE			Vegetable Crudite	Braised Collard Greens	Basil Roasted Cauliflower
STARCH SIDE			Citrus Hummus	Corn Bread	Pasta W/ Olive Oil
CHICKEN SALAD			Garden Vegetable Chicken Salad	Buffalo Chicken Salad	Garden Vegetable Chicken Salad
DESSERT			Chocolate Chip Cookies	Fresh Cut Watermelon	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)

