

# **OFFERED DAILY**

## **Chicken Caesar Salad**

2 Cups Romaine Lettuce  
2 oz. Chicken  
2oz. Whole Wheat Tortilla  
1 oz. Parmesan Cheese  
1 Cup Fruit or 1 Piece Fresh Fruit  
1oz. Caesar Salad Dressing  
1% or Fat Free Flavored Milk

## **Green Garden Salad**

2 Cups Romaine Lettuce  
¼ Cup Shredded Carrots  
¼ Cup Tomatoes  
¼ Cup Red Onion  
3oz. Cheddar Cheese  
2oz Whole Wheat Bread Stick  
1 oz. Italian Dressing  
1 Cup or 1 Piece Fresh Fruit  
1% or Fat Free Flavored Milk

## **Hummus Kit**

2 oz. Roasted Red Pepper Hummus  
2oz. Whole Wheat Pita Bread  
1/8 Cup red/green Peppers  
1/8 Cup Kalamata Olives  
¼ Cup Carrots  
2oz. Mozzarella Cheese wedge  
1 Cup or 1 Piece Fresh Fruit  
1% or Fat Free Flavored Milk

## **Strawberry Parfait**

4oz Low Fat Plain Yogurt  
2oz Whole Grain Granola  
1 Cup IQF Strawberries  
1 Cup Vegetable  
1% or Fat Free Flavored Milk

## **Fresh Fruit Salad**

1 ¼ Cup Fresh Fruit  
2 oz. Cheese  
2oz. Whole Wheat Croissant  
1 Cup Carrots  
1% or Fat Free Flavored Milk

## **Sandwiches/Wraps**

Turkey or Ham  
2oz. Whole Wheat Deli Round/Tortilla  
3oz. Turkey Breast or 3oz Ham  
1oz American Cheese  
¼ Cup Iceberg Lettuce  
1 Cup Fruit or 1 Piece Fresh Fruit  
1 Cup Vegetables  
1% or Fat Free Flavored Milk

**A Variety of Fresh Fruit is offered Daily**