

STRAND CAFE LUNCH MENU



AUGUST 22ND - OCTOBER 11TH
Menu subject to change.

Let's Go Local!

Each "Try-it Tuesday" we are encouraging students to sample an organic, locally made recipe featured on the salad bar. In addition, on Friday's, a featured "Harvest of the Month" whole, local and organic fruit or vegetable is offered. Enjoy the harvest!!



Breakfast & Lunch
Meals are **FREE** to all
students in the 2024-
2025 School Year

MONDAY

Crispy Chicken
Sandwich



Teriyaki
Chicken Bowl
(with Broccoli)



Yogurt & Graham
Crackers



TUESDAY

Papa John's
Pepperoni Pizza



Papa John's
Cheese Pizza



Club Sub
(with Bacon)



WEDNESDAY

Orange Chicken
(with Brown Rice)

Free Mid-
Week
Munchie



Nitrate/Nitrite Free
Corn Dog



Pizza Roll Ups
(with Marinara
Dunk Cup)



THURSDAY

100% Beef
Hamburger



Spaghetti &
Meatballs



Islander
Snack Pack

(Egg, Hummus, Flatbread,
Grapes, & Carrots)



FRIDAY

Brunch 4 Lunch
(Mini Dutch Pancakes
& Sausage)



Popcorn
Chicken

Cheesy
Pull Aparts



 = VEGETARIAN ENTREES

Students must select a 1/2 cup of fruit and/or vegetable with each meal.

BACK TO SCHOOL



What's Included

All lunch meals include an entrée, unlimited fresh fruits and vegetables from the salad bar, and a choice of 1% white or non-fat milk.



Healthy Selections Daily

A selection of fruits & vegetables will be offered daily:
Oranges, Bananas, Apples, Blueberries, Raisins, Dried Cranberries, Pears, Nectarines, Applesauce, Romaine Lettuce, Spinach, Cherry Tomatoes, Carrots, Zucchini, Jicama, Cauliflower, Celery, Broccoli, and Cucumbers



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.