

STRAND CAFE LUNCH MENU



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, 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 2022-
2023 School Year

AUGUST 25TH - OCTOBER 14TH

MONDAY

Mozzarella
Stuffed
Breadsticks

BBQ Chicken
Sandwich



Chicken Caesar
Wrap

TUESDAY

Papa John's
Pepperoni Pizza



Papa John's
Cheese Pizza

Turkey & Cheese
Sandwich

WEDNESDAY

Orange Chicken &
Brown Rice



Baked Chicken
Drumstick &
Fresh Biscuit

Yogurt & Graham
Crackers

THURSDAY

Cheesy Lasagna
& Garlic Toast

100% Beef
Hamburger



Hot Ham &
Cheese Croissant

FRIDAY

Brunch 4 Lunch
(French Toast &
Sausage)

Islander
Lunchable
(Deli Meat, Cheese,
& Crackers)

Bean & Cheese
Burrito

Menu subject to change.

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, and 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.