



# STRAND CAFE LUNCH MENU



OCTOBER 16TH - DECEMBER 8TH

## 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 2023-24 School Year. No application needed!

### MONDAY

Crispy Chicken Sandwich



Taco Salad  
(Taco meat & tortilla chips)



Garlic Cheese Toast



### TUESDAY

Papa John's Pepperoni Pizza



Papa John's Cheese Pizza

Sunbutter & Jelly Sandwich



### WEDNESDAY

Orange Chicken & Brown Rice



Pizza Cheese Crunchers

Mid-Week Munchie  
Chocolate Chip Cookies

Mashed Potato Bowl

(Mashed potatoes, chicken, shredded cheese, corn)

### THURSDAY

100% Beef Hamburger



Chicken Drumstick & Corn Muffin



Macaroni & Cheese



### FRIDAY

Brunch 4 Lunch  
(Pancakes & Sausage Patty)



BBQ Pulled Pork Sandwich

Rollie Pollie Pasta Salad & Bug Bite Grahams



 = VEGETARIAN ENTREES



= GLUTEN FREE ENTREES

Menu subject to change.

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

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**VETERANS DAY**

HONORING ALL WHO SERVED

No school on Friday, November 10th

## 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



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