



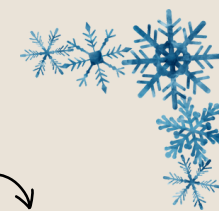
STRAND CAFE LUNCH MENU



OCTOBER 17TH - DECEMBER 16TH

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 2022-23 School Year. No application needed!

MONDAY

100% White Meat
Chicken Chunks

Vegan
Frito Chili Bowl



Creamy Yogurt &
Graham Crackers

TUESDAY

Papa John's
Pepperoni Pizza



Papa John's
Cheese Pizza

Chicken Pesto
Ciabatta

WEDNESDAY

Orange Chicken &
Brown Rice

100% Beef
Hamburger



Islander Bento Box
(Hard Boiled Egg, Cheese,
and Crackers)

THURSDAY

100% White Meat
Crispy Chicken
Sandwich

Creamy Alfredo
Pasta & Roll



Crunchy Tacos

FRIDAY

Brunch 4 Lunch
(Emoji Waffles &
Sausage Patty)



100% Beef Uncured
Hot Dog

Cheesy
Quesadilla

Menu subject to change.

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

According to a study conducted by Tufts University, schools are now the healthiest place that American's are eating! Click [here](#) to learn more!



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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