

STRAND CAFE LUNCH MENU



JANUARY 3RD - FEBRUARY 24TH



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!!



MONDAY

Roasted Turkey,
Mashed Potatoes
& Roll



100% Beef
Cheeseburger

Creamy Yogurt &
Graham Crackers

TUESDAY

Papa John's
Pepperoni Pizza



Papa John's
Cheese Pizza

Crispy Chicken
Wrap

WEDNESDAY

Sweet & Sour
Chicken with
Fried Rice



Baja Fish Taco

Cobb Salad
(Romaine lettuce, Hard
Boiled Egg, Tomatoes,
Shredded Cheese.)

THURSDAY

Build-Your-Own
Nachos!

BBQ Beef Rib
Sandwich

Toasted Cheese
Sandwich &
Tomato Soup



FRIDAY

100% White Meat
Chicken Tenders
& Waffle

Loaded Baked
Potato &
Breadstick



Bean & Cheese
Burrito

Menu subject to change.

✓ = Vegetarian Entrees

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



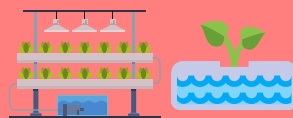
HAPPY



PRESIDENT'S
DAY

We're Growing Hydroponically!

We are collaborating with our 2nd graders to grow leafy greens that will be featured on the salad bar for all students to enjoy throughout the week!



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.