

## Secondary Lunch Menu - September



A variety of fresh, local, vegetables and salads are offered daily on the ExtraExtra Bar.

	Any questions, please contact the Director of Dining Services, or at @compass-usa.com		1 Burger Bar American, Cheddar, Provolone Sauteed Mushrooms & Onions Bacon Roasted Local Potatoes	2 Southwest Ranch Chicken Sandwich Roasted Local Green Beans
5	6	7	8	9
	Chicken Cordon Bleu Melt Curly Fries	Eggplant Provolone Panini Roasted, Buffalo Local Broccoli	Butternut Squash Vegetarian Enchilada Roasted Local Beet & Sweet Potato Fries	<b>National Pizza Day</b> Choice of Meat Lovers Flatbread Or Vegetarian Flatbread Roasted Local Carrots
12	13	14	15	16
Orange Chicken Stir Fry Asian Brown Rice Roasted, Sesame Local Green Beans	No School	Italian-Style Meatball Sub Roasted Local Broccoli	Roast Pork & Gravy Local Corn on the Cob Herb Roasted Local Potato Wedges	Southwestern Breakfast Taco Egg, Monterey Jack Cheese, Hash Browns & Black Beans
19	20	21	22	23
Pasta Primavera Grilled Chicken & Vegetables in a Light Sauce Garlic Twist	<b>National Pepperoni Day</b> Brooklyn Style Pepperoni Flatbread Waffle Fries	 Beef Nachos Pico de Gallo Cilantro Lime Rice	 Garam Masala Diced Chicken Brown Rice Local Zucchini & Summer Squash "Chips"	Homemade Meatball Calzone Roasted Buffalo Local Cauliflower
26	27	28	29	30
Breakfast for Lunch French Toast Hashbrown Chicken Sausage Patty Warm Blueberries	Beef Tacos Shredded Cheddar, Shredded Lettuce, Diced Tomatoes, Corn & Black Bean Salsa	Cheeseburger Flatbread Garlic Parmesan Roasted Local Sweet Potatoes	Roasted Turkey with Gravy Homemade Mashed Potatoes Roasted Local Green Beans Dinner Roll	Kung Pao Chicken Vegetable Fried Rice Fortune Cookie



**Available daily:**  
Fresh Baked Pizzas, Calzones and Flatbreads  
Served with Your Choice of Fries, Fresh Hot or Cold Vegetables, Salad, and Fruit

**Daily Specials:**  
Monday – Meatball Pizza  
Tuesday – Garlic Chicken Caesar Pizza  
Wednesday – Taco Pizza  
Thursday – Cheeseburger Pizza  
Friday – Veggie Pizza  
**Cheese & Pepperoni Pizza available Daily**



**Available daily:**  
Hamburger, Cheeseburger, Chicken Patty, Buffalo Chicken Patty  
Chicken Tenders or Chicken Nuggets  
Served with Your Choice of Fries, Fresh Hot or Cold Vegetables, Salad, and Fruit

### Vegetarian Options

Monday – Yogurt Parfait  
Tuesday – Sunbutter & Jelly Sandwich  
Wednesday – Grilled Cheese Sandwich  
Thursday – Hummus, Pepper Strips, Cucumbers, Baked Tortillas  
Friday – Veggie Burger



Assorted pre-packaged entrée salads, deli sandwiches, and yogurt parfaits offered with fruits, vegetables and milk.

**Daily Specials may include:**  
Assorted, Buffalo Chicken Salad, Chicken Caesar Wrap or Salad, Turkey & Cheese Pretzel Roll, Veggie Wrap, Italian Sub

All items are made with whole grains.  
All meals are served with a variety of fruits and vegetables, local when available.  
All meals are served with milk (1% low fat white or fat free chocolate)  
Menu is subject to change.  
This institution is an equal opportunity provider.