



# High School Salad Bar Menu

January 2012



## Featured Signature Salad

<b>Buffalo Chicken Salad</b> Buffalo Chicken Strips, Diced Celery, Diced Scallions, Shredded Cheddar	<b>Asian Chop Salad</b> Pink Salmon, Shredded Carrots, Shredded Green & Red Cabbage, Mandarin Oranges, Sunflower Seeds, Soy-Ginger Drizzle	<b>The Caesar</b> Grilled Chicken Strips, Parmesan Cheese, Romaine Lettuce, Croutons, Caesar Dressing	<b>Winter Cobb</b> Shrimp, Eggs, Turkey Bacon, Shredded Local Sweet Potato, Dinner Roll	<b>Santa Fe Salad</b> Chili Lime Chicken Strips, Tortilla Chips, Shredded Cheddar, Black Beans, Avocado, & Corn
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tossed Romaine Salad Mix	Tossed Romaine Salad Mix	Tossed Romaine Salad Mix	Tossed Romaine Salad Mix	Tossed Romaine Salad Mix
Mesclun Mix	Mesclun Mix	Mesclun Mix	Mesclun Mix	Mesclun Mix
Baby Spinach	Baby Spinach	Arugula	Arugula	Baby Spinach
Diced Scallions	Diced Golden Beets	Broccoli Florets	Local Cauliflower Florets	Diced Scallions
Diced Celery	Mandarin Oranges	Green Pepper Strips	Green Peas	Sweet Corn Kernels
Local Cauliflower Florets	Broccoli Florets	Diced Golden Beets	Green Pepper Strips	Sliced Avocado
Shredded Local Sweet Potato	Shredded Green Cabbage	Marinated Local Tofu	Shredded Local Sweet Potato	Marinated Local Tofu
Shredded Carrots	Shredded Carrots	Shredded Carrots	Shredded Carrots	Shredded Carrots
Diced Tomatoes	Local Shredded Red Cabbage	Cherry Tomatoes	Local Shredded Red Cabbage	Diced Tomatoes
Shredded Cheddar	Sunflower Seeds	Parmesan Cheese	Turkey Bacon	Shredded Cheddar
Sweet Raisins	Sweet Raisins	Garlic Croutons	Garlic Croutons	Garlic Croutons
Whole Wheat Dinner Rolls	Wheatworth Crackers	Whole Wheat Pita Wedges	Whole Wheat Dinner Rolls	Whole Grain Tortilla Chips
Buffalo Chicken Strips	Pink Salmon	Grilled Chicken Strips	Shrimp	Chili Lime Chicken
Black Beans	Spicy Asian Chicken Strips	Oven Roasted Turkey	Sliced Eggs	Black Beans
Daily Fruit Choice	Daily Fruit Choice	Daily Fruit Choice	Daily Fruit Choice	Daily Fruit Choice

Available Daily: Creamy Caesar, Balsamic Vinaigrette, Raspberry Vinaigrette, & Fat Free Ranch Dressing, & Choice of 1% or Fat Free Skim Milk

The cost of a paid student meal is \$1.60. Salad bar is free for free and reduced students. Full student lunch includes choice of meat or meat substitute w/ grain/bread accompaniments, vegetable, fruit, and choice of 1% or skim white milk. Side salads are also available for \$1.00.