



K-8 & Middle School Salad Bar Menu

January 2012



Featured Signature Salad

Buffalo Chicken Salad Buffalo Chicken Strips, Diced Celery, Shredded Cheddar	Asian Chop Salad Pink Salmon, Shredded Carrots, Shredded Green & Red Cabbage, Mandarin Oranges, Sunflower Seeds, Soy-Ginger Drizzle	The Caesar Grilled Chicken Strips, Parmesan Cheese, Romaine Lettuce, Croutons, Caesar Dressing	Winter Cobb Eggs, Turkey Bacon, Shredded Local Sweet Potato, Dinner Roll	Santa Fe Salad Chili Lime Chicken Strips, Tortilla Chips, Shredded Cheddar, Black Beans, & Corn
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tossed Romaine Salad Mix Baby Spinach	Tossed Romaine Salad Mix Mesclun Mix	Tossed Romaine Salad Mix Arugula	Tossed Romaine Salad Mix Mesclun Mix	Tossed Romaine Salad Mix Baby Spinach
Diced Celery Local Cauliflower Florets Shredded Local Sweet Potato	Mandarin Oranges Broccoli Florets Shredded Green Cabbage	Broccoli Florets Green Pepper Strips Diced Golden Beets	Local Cauliflower Florets Green Peas Green Pepper Strips	Broccoli Florets Sweet Corn Kernels Shredded Local Sweet Potato
Shredded Carrots Diced Tomatoes	Shredded Carrots Local Shredded Red Cabbage	Shredded Carrots Cherry Tomatoes	Shredded Carrots Local Shredded Red Cabbage	Shredded Carrots Diced Tomatoes
Shredded Cheddar Sweet Raisins	Sunflower Seeds Sweet Raisins	Parmesan Cheese Garlic Croutons	Turkey Bacon Garlic Croutons	Shredded Cheddar Garlic Croutons
Whole Wheat Dinner Rolls	Wheatsworth Crackers	Whole Wheat Pita Wedges	Whole Wheat Dinner Rolls	Whole Grain Tortilla Chips
Buffalo Chicken Strips Black Beans	Pink Salmon Spicy Asian Chicken Strips	Grilled Chicken Strips Oven Roasted Turkey	Grilled Chicken Strips Sliced Eggs	Chili Lime Chicken Strips 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 **\$1.35** for grades K-5, and **\$1.60** for grades 6-8. 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

