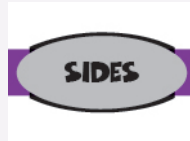


# SOLEDAD HIGH SCHOOL

## MARCH 2018

Our menus are aligned with the USDAs Healthier U.S. School Challenge.





**A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

### Daily Special/Everyday

*Assorted Fresh Deli Sandwiches Available*



- MONDAY** WG Margherita Pizza  
- TUESDAY** Taco Pizza
- WEDNESDAY** WG French Bread Cheese & Pepperoni
- THURSDAY** Buffalo Chicken Pizza
- FRIDAY** WG Hawaiian Pizza

### Daily Special/Everyday

 *Protein Pack with Hard Boiled Egg or String Cheese*



- MONDAY** Chicken Caesar Salad
- TUESDAY** Fiesta Beef Taco Salad
- WEDNESDAY** Pesto Chicken Salad 
- THURSDAY** Chef Salad
- FRIDAY** Fajita Chicken Salad

### FAVORITES

**Daily Special/Everyday**  
*Corn Dog or Bean and Cheese Burrito*

- MONDAY** Week 1&3: Chicken Fajitas & Rice
- TUESDAY** Week 1&3: Street Chicken Taco
- WEDNESDAY** Week 1&3: Meat Loaf
- THURSDAY** Week 1&3: Chicken Curry
- FRIDAY** Week 1&3: Vegan Chili

### GRILL

**French Fries or Tater Tots**

- MONDAY** Hot Dog, Cheeseburger, Hamburger, Spicy or Crispy Chicken Sandwich
- TUESDAY** Hot Dog, Cheeseburger, Hamburger, Spicy or Crispy Chicken Sandwich
- WEDNESDAY** Hot Dog, Cheeseburger, Hamburger, Spicy or Crispy Chicken Sandwich
- THURSDAY** Hot Dog, Cheeseburger, Hamburger, Spicy or Crispy Chicken Sandwich
- FRIDAY** Hot Dog, Cheeseburger, Hamburger, Spicy or Crispy Chicken Sandwich

 **Vegetarian**

 **Mindful**

We use menu identifiers in the café to help students recognize Vegetarian & Mindful options. Mindful selections meet specific criteria for fat, sodium & calories.

*This institution is an equal opportunity provider.*



Hot Meal Cart



- MONDAY** Teriyaki Chicken & Rice 
- TUESDAY** Beef, Bean & Cheese Nachos
- WEDNESDAY** Orange Chicken & Rice
- THURSDAY** Chicken Alfredo with Broccoli 
- FRIDAY** Southwest Chicken Wrap 



**This Week's  
Feature:**



- Assorted Danish or Cinnamon Bun
- Mini Waffles and Sausage or Benefit Bar
- Breakfast Round or Mini Pancakes & Sausage
- Assorted Muffins or Breakfast Pizza
- French Toast Sticks or Cinnamon

