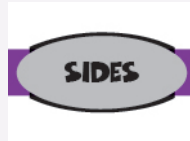


SOLEDAD HIGH SCHOOL

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	

Daily Special/Everyday

Corn Dog or Bean and Cheese Burrito



MONDAY	Week 2&4: Beef Nachos
TUESDAY	Week 2&4: Street Carnitas Tacos
WEDNESDAY	Week 2&4: Orange Chicken & Rice
THURSDAY	Week 2&4: Chicken Chow Mein
FRIDAY	Week 2&4: Pomodoro Pasta w/Lemon Chicken

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

