

Healthy Meals Daily

We offer daily service with this Menu. This is only for Cold Meals, Hot Meals, and Snacks.

All salads & Hot Meals are \$5.00.

Create a free account and easily make payments online and on-the-go: [MySchoolBucks](#)

Create a New Account:

Josie Medina

Email at jmedina@tesd17.org

Submit your order with:

Sally Robles

Contact information: srobles@tesd17.org



Week 2

Cold Meals

Spinach Citrus Salad with Chicken

Spinach, Mandarins, Strawberry, Walnuts, Balsamic Vinaigrette Dressing

Caesar Chicken Salad/Wrap

Romaine Lettuce, Grilled Chicken, Caesar Dressing

Chef Salad

Mixed Greens, Ham, Turkey, Cheddar Cheese, Tomato, boiled Egg and Cucumber.

Toasted Turkey Bravo

Green Leaf Lettuce, Pickles, Tomatoes, Smoked Turkey, Cheddar Cheese

Ham and Swiss with Arugula on Ciabatta

Smoked Virginia Ham, Ciabatta Bun, Tomatoes Sliced, Cheese, Arugula Lettuce Leaf

Super Foods Salads

Kale, Cucumbers, Feta, Dried Cranberries, Sunflowers Seeds, and Apple Vinaigrette

Hot Meals

Chicken Chipotle

Smoked Pulled Chicken, Fresh Cilantro with Focaccia Bread.

BBQ Sandwich Chicken

Pulled Chicken, Red Onions, White Cheese, Crispy Fried Onions, BBQ Sauce

Buffalo Chicken Wrap

Chopped Romaine, Tomatoes, Cucumbers, Tortilla, Cheddar Blend Cheese, Ranch, Buffalo Chicken





Week 2 Cold Meals

A la Mexicana Salad

Roasted Corn, Black Beans, Tuscan Chicken, Cilantro, Romaine Mix and Cilantro Lime Dressing

Thai Chicken Salad

Romaine, Cabbage, Crispy Noodles, Cilantro, Grilled, Chicken Breast, Peanuts, and Sesame Dressing

Strawberry Fields Salad

Spring Mix, Chicken, strawberries, toasted walnuts, and balsamic dressing

Tuna Salad, 7 Grain Roll

Cucumbers, Tuna Salad, Seven Grain Sandwich Roll, 2 Tomatoes, Slice Lettuce

Caesar Chicken Salad/Wrap

Romaine Lettuce, Grilled Chicken, Caesar Dressing

Hot Meals

Italian BMT

French Bread, Salami, Ham, Shredded Lettuce, Tomatoes & Chipotle Sauce

Meatball Sub

French Bread, Meatballs with Marinara Sauce, Mozzarella Cheese, Tomatoes.

Lean Shepards Pie

Carrots, Broccoli, Cauliflower, Ground Beef, Yellow Onions, tomato Sauce, Garli, Basil, Oregano, served with mashed potatoes and parmesan.

Snacks

Single Cookie \$1.00

Bottled Water \$1.00

Fruit Cup 4oz \$3.50

Over Night oatmeal with fresh fruit and almond sliced

Warmed Oatmeal with Raisins, Brown Sugar & Cinnamon on the side 4oz
\$2.00

Fruit and Meat Tray: 4 Swiss Cheese & 4 Salami with Grapes & Strawberry
\$2.75

Trail Mix Bag: nuts, dried fruit, Chocolate chips 4oz \$1.50

Nutri Grain Bar \$1.00

Carrot Cake \$3.00 a slice

Energy Bites 2 for \$1.50