

THIS WEEK'S WORLD OF FLAVOR CELEBRATES THE CULTURE AND CUISINE OF THE CARIBBEAN.



EXTRAS

A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. We hope to inspire and encourage all students to make healthy choices regularly.

FAST TAKES

IN A HURRY,
NO WORRY!

OFFERED DAILY

Chef Salad, Chicken Caesar Wrap, Turkey and Cheese, Ham and Cheese, Italian or Hummus



Fresh Baked Bread Offered Daily with Salad



CHECK THIS OUT!

Turkey Cubana salad or sub on a jalapeño cheese roll with homemade pickle relish.

DELI

EVERYDAY SELECTIONS

Custom Subs with a Variety of Cheeses, Fresh Baked Breads and Premium Sauces

OTHER DAILY OPTIONS

Hummus

Toppings

Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles



TRY THIS ONE!

Turkey Cubana salad or sub on a jalapeño cheese roll with homemade pickle relish.

GRILL

EVERYDAY SELECTIONS

Classic Hamburger
Crispy Chicken Sandwich

Monday Corn Dog

Tuesday Rib-B-Que

Wednesday Toasted Cheese Sandwich

Thursday Hot Dog

Friday Chicken Tender Sandwich

Toppings

Sliced Cheddar Cheese
Sliced Pepper Jack Cheese
Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles

Offered with Veggie Sticks or French Fries

PIZZA

EVERYDAY SELECTIONS

Cheese Pizza

M/W/F: Pepperoni, Tu: Sausage, Th: Hawaiian

DAILY PASTA OPTIONS

Baked Penne Pasta



Fresh Baked Bread Offered Daily with Pasta



SHAKE IT UP!

Turkey Cubana pizza topped with turkey, ham, mozzarella, homemade pickle relish, chopped cilantro and Creamy Pineapple Sauce.

THE TASTE

by **sodexo**

KICK IT UP A NOTCH

By adding one of our World of Flavor specialty sauces.

Creamy Pineapple Sauce

Roasted pineapple combined with Greek yogurt, mayo and pineapple juice, blended to a creamy consistency.

Jamaican Fusion Sauce

A creamy buttermilk ranch dressing infused with orange and lime juices and jerk seasoning.

Creamy Sriracha

Mayonnaise infused with spicy sriracha chili sauce.

Garlic Parmesan

Mayonnaise blended with grated Parmesan cheese, mustard, garlic and creamy Greek yogurt.



This week in

ADVENTURE



Choice of: Lo Mein Noodles, Steamed Brown Rice or Oven Fried Brown Rice

EVERYDAY SELECTIONS

Sweet & Sour Chicken

Monday Teriyaki Beef

Tuesday General Tso Chicken

Wednesday Spicy Orange Chicken

Thursday Teriyaki BBQ

Friday Creamy Sriracha Chicken

Choice of Side: Sesame Roasted Carrots or Roasted Broccoli

FEBRUARY 10TH - 14TH

CAPITAL HIGH SCHOOL

Additional nutrition information available upon request.
This institution is an equal opportunity provider.