

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!

Jerk chicken salad or wrap stuffed with jerk chicken, shredded cabbage, julienned carrots, green peppers, onions, pineapple and fresh cilantro.

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!

Jerk chicken salad or wrap stuffed with jerk chicken, shredded cabbage, julienned carrots, green peppers, onions, pineapple and fresh cilantro.

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

Alfredo Mac and Cheese



Fresh Baked Bread Offered Daily with Pasta



SHAKE IT UP!

Jerk chicken pizza topped with green bell peppers, red onion, pineapple, mozzarella cheese, chopped cilantro and Jamaican Fusion Sauce.

FAST TAKES

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: Tortilla Chips, 6" & 10" Tortilla, Cilantro Lime Rice or Taco Salad Bowl

EVERYDAY SELECTIONS

Taco Beef or Cheddar Cheese Sauce

Monday Carnitas served with Refried Beans or Aztec Corn

Tuesday Fajita Chicken served with Mexican Black Beans or Aztec Corn

Wednesday Carnitas served with Refried Beans or Aztec Corn

Thursday Fajita Chicken served with Black Beans or Aztec Corn

Friday Carnitas served with Refried Beans or Aztec Corn

FEBRUARY 3RD - 7TH

CAPITAL HIGH SCHOOL

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