

TRSD High School

Feb 1st, 2019

Our menus are aligned with the USDA's Healthier U.S. School Challenge.
Menu is subject to change.

SIDES

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.

Everyday Choice

Grab & Go/ Bagel w/Cream Cheese/Toast

BREAKFAST

Asst. Cereal / Asst. Milk

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Cinnamon Rolls
Ham & Cheese on English Muffin



MARKET

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Chicken Alfredo Pasta / Pizza
Garlicky Green Beans

DELI

Daily Special

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Sunflower Butter & Jelly Sandwich
Crispy Chicken Salad (South)

CREATIONS

This Week's Feature:

Cheeseburger/Hamburger-offered daily
Spicy Chicken Sandwich-offered daily
Chicken Patty Sandwich-offered daily
Hot/Cold Cheese Sandwich-(V)- offered daily
Sunflower Butter & Jelly Sandwich- (V)- offered daily
Mon, Wed, Fri-French Fries
Tues, Thur-Tater Tots
Deli Bar-Build Your Own

Menu available online*

V 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.

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Nutrition Information is available upon request.

CROSSROADS
CAFE
by sodexo*

TRSD High School

Feb 4th- Feb 8th, 2019

Our menus are aligned with the USDAs Healthier U.S. School Challenge.
Menu is subject to change.

SIDES

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

Grab & Go/ Bagel w/ Cream Cheese/Toast

BREAKFAST

Asst. Cereal / Asst. Milk

MONDAY	WW French Toast Sticks w/ Sausage Patty Ham & Cheese on English Muffin	V
TUESDAY	Asst. Fruit Muffin Sausage & Cheese Biscuit	V
WEDNESDAY	Waffle Bar w/ Fruit Compote & Toppings Ham & Cheese on English Muffin	V
THURSDAY	Biscuit w/ Country Gravy Sausage & Cheese Biscuit	V
FRIDAY	Cinnamon Rolls Ham & Cheese on English Muffin	V

Daily Special

MARKET

MONDAY	Bean & Cheese Enchilada w/ Roasted Corn	V
TUESDAY	Nachos (bean/chicken/beef)	V
WEDNESDAY	Salisbury Steak Mashed Potatoes w/ WW Roll	V
THURSDAY	Warm Tomato Soup Cheesy Break Sticks	V
FRIDAY	Beef Lasagna / Pizza Caesar Salad	V

Daily Special

DELI

MONDAY	Turkey & Cheese Sub/ Chef's Salad	
TUESDAY	Ham & Cheese Sub/ Spinach Salad	V
WEDNESDAY	Italian Sub/ Chicken Caesar Salad	
THURSDAY	American Combo Sub/ Taco Salad	
FRIDAY	Sunflower Butter & Jelly Sandwich Spicy Chicken Salad (South)	V

CREATIONS

This Week's Feature:

FAST TAKES

Cheeseburger/Hamburger-offered daily
Spicy Chicken Sandwich-offered daily
Chicken Patty Sandwich-offered daily
Hot/Cold Cheese Sandwich- (V)- offered daily
Sunflower Butter & Jelly Sandwich- (V)- offered daily
Mon, Wed, Fri-French Fries
Tues, Thur-Tater Tots
Deli Bar-Build Your Own

Menu available online*

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CROSS ROADS
CAFE
by sodexo

TRSD High School

Feb 11th - Feb 15th, 2019

Our menus are aligned with the USDA's Healthier U.S. School Challenge.
Menu is subject to change.

SIDES

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

Grab & Go/ Bagel w/ Cream Cheese/Toast

BREAKFAST

Asst. Cereal / Asst. Milk

MONDAY	Pancake Bites w/ Sausage Patty Ham & Cheese on English Muffin	V
TUESDAY	Oatmeal Bar Sausage & Cheese Biscuit	V 🍌
WEDNESDAY	French Toast Bar w/ Toppings Ham & Cheese on English Muffin	V
THURSDAY	Cheesy Scrambled Egg & Toast Sausage & Cheese Biscuit	V
FRIDAY	Cinnamon Rolls Ham & Cheese on English Muffin	V

Daily Special/Everyday

2/14/2019-Valentine's Day!

MARKET

MONDAY	Mini Cheese Ravioli w/ WW Bread Stick Caesar Salad	V
TUESDAY	Nachos (bean/chicken/beef)	V
WEDNESDAY	Cheesy Bread Sticks w/ Marinara Spinach Salad	V
THURSDAY	BBQ Chicken Drumstick w/ WW Roll Cheesy Mashed Potatoes	V
FRIDAY	Macaroni & Queso / Pizza / Garlicky Green Beans	V

DELI

Daily Special/Everyday

MONDAY	Turkey & Cheese Sub/ Chef's Salad	
TUESDAY	Ham & Cheese Sub/ Spinach Salad	V
WEDNESDAY	Italian Sub/ Chicken Caesar Salad	
THURSDAY	American Combo Sub/ Taco Salad	
FRIDAY	Sunflower Butter & Jelly Sandwich/ Spicy Chicken Salad (South)	

CREATIONS

This Week's Feature:

FAST TAKES

Cheeseburger/Hamburger-offered daily
Spicy Chicken Sandwich-offered daily
Chicken Patty Sandwich-offered daily
Hot/Cold Cheese Sandwich- (V) -offered daily
Sunflower Butter & Jelly Sandwich- (V) -offered daily
Mon, Wed, Fri-French Fries
Tues, Thur-Tater Tots
Deli Bar-Build Your Own

Menus available online*

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CROSSROADS
CAFE
by sodexo

TRSD High School

Feb 18th - Feb 22nd, 2019

Our menus are aligned with the USDAs Healthier U.S. School Challenge.
Menu is subject to change.

SIDES

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.

Everyday Choice

Grab & Go/ Bagel w/ Cream Cheese/Toast

BREAKFAST

Asst. Cereal / Asst. Milk

MONDAY

TUESDAY

Apple Pocket
Sausage & Cheese Biscuit

V

WEDNESDAY

Pancake Bar w/ Fruit Compote & Toppings/
Ham & Cheese on English Muffin

V

THURSDAY

Biscuit w/ Country Gravy
Sausage & Cheese Biscuit

FRIDAY

Cinnamon Rolls
Ham & Cheese on English Muffin

V

Daily Special

2/18/2019-President's Day!

MARKET

MONDAY

TUESDAY

Nachos (bean/chicken/beef)

V

WEDNESDAY

Turkey Gravy w/ Mashed Potatoes & WW
Roll

THURSDAY

Meatball Sub w/ Green Peas

FRIDAY

Pizza/ Caesar Salad
Spaghetti & Meat Sauce

Daily Special/Everyday

DELI

MONDAY

TUESDAY

Ham & Cheese Sub/ Spicy Chicken Salad

WEDNESDAY

Italian Sub/ Chicken Caesar Salad

THURSDAY

American Combo Sub/ Taco Salad

FRIDAY

Sunflower Butter & Jelly Sandwich/
Crispy Chicken Salad

CREATIONS

This Week's Feature:

FAST TAKES

Cheeseburger/Hamburger-offered daily
Spicy Chicken Sandwich-offered daily
Chicken Patty Sandwich-offered daily
Hot/Cold Cheese Sandwich- (V) - offered daily
Sunflower Butter & Jelly Sandwich-(V) - offered daily
Mon, Wed, Fri-French Fries
Tues, Thur-Tater Tots
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CROSSROADS
CAFE
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TRSD High School

Feb 25th - Feb 28th, 2019

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Menu is subject to change.

SIDES

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.

Everyday Choice

Grab & Go/ Bagel w/ Cream Cheese/Toast

BREAKFAST

Asst. Cereal / Asst. Milk

MONDAY	Pancake & Sausage Breakfast on a Stick w/ Syrup Ham & Cheese on English Muffin
TUESDAY	Ham & Cheese Breakfast Burrito w/ Salsa Sausage & Cheese Biscuit
WEDNESDAY	Waffle Bar w/ Toppings ham & Cheese on English Muffin V
THURSDAY	Ultimate Breakfast Round Sausage & Cheese Biscuit V
FRIDAY	

MARKET

MONDAY	Chicken Chile Verde Burrito Mexican Black Beans
TUESDAY	Nachos (bean/chicken/beef) V
WEDNESDAY	Beef Stroganoff w/ Caesar Salad
THURSDAY	Popcorn Chicken Bowl w/ WW Roll
FRIDAY	

DELI

Daily Special

MONDAY	Turkey & Cheese Sub/Chef's Salad
TUESDAY	Ham & Cheese Sub/Spicy Chicken Salad
WEDNESDAY	Italian Sub/ Chicken Caesar Salad
THURSDAY	American Combo Sub/ Taco Salad
FRIDAY	

CREATIONS

This Week's Feature:

Cheeseburger/Hamburger-offered daily
Spicy Chicken Sandwich-offered daily
Chicken Patty Sandwich-offered daily
Hot/Cold Cheese Sandwich-(V)- offered daily
Sunflower Butter & Jelly Sandwich- (V)- offered daily
Mon, Wed, Fri-French Fries
Tues, Thur-Tater Tots
Deli Bar-Build Your Own

Menu available online*

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