

High School

Dec 3-Dec 7, 2018

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/Everyday

Grab & Go/ Bagel w/Cream Cheese/Toast

BREAKFAST

Asst. Cereal / Asst. Milk

MONDAY	Banana Bread/ Ham & Cheese on English Muffin	V
TUESDAY	Fruit & Yogurt Parfait/ 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/Everyday

12/5-National Comfort Food Day!

MARKET

MONDAY	Chicken Nuggets w/ WW Roll and Roasted Corn	
TUESDAY	Nachos	V
WEDNESDAY	Rainbow Chili & Cheese/ Baked Potato w/ WW Roll	V
THURSDAY	Popcorn Chicken w/ Cheesy Mashed Potatoes and WW Roll	
FRIDAY	Pizza	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:

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

Menus 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*

High School

Dec 10- Dec 14, 2018

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

Daily Special/Everyday

Grab & Go/ Bagel w/ Cream Cheese/Toast

BREAKFAST

Asst. Cereal / Asst. Milk

MONDAY	Pancakes & Sausage Breakfast on a stick w/ syrup Ham & Cheese on English Muffin	
TUESDAY	Ham & Cheese Breakfast Burrito w/ Salsa Sausage & Cheese Biscuit	
WEDNESDAY	Omelet Bar w/ Toppings Ham & Cheese on English Muffin	V
THURSDAY	WG Pancakes w/ syrup Sausage & Cheese Biscuit	V
FRIDAY	Cinnamon Rolls Ham & Cheese on English Muffin	V

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

12/12- Holiday Meal

MARKET

MONDAY	Bean & Cheese Enchilada w/ Cilantro Lime Brown Rice	V
TUESDAY	Nachos	V
WEDNESDAY	Turkey Gravy w/ Mashed Potatoes and WW Roll	
THURSDAY	Alaskan Fish and Chips	V
FRIDAY	Grilled Ham & Cheese Sandwich w/ Tomato Soup Pizza	V

Daily Special/Everyday

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)	

CREATIONS

**This Week's
Feature:**

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

Menus available online*

V Vegetarian

M Mindful

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**CROSSROADS
CAFE**
by sodexo

High School

Dec 17- Dec 21, 2018

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/Everyday

Grab & Go/ Bagel w/ Cream Cheese/Toast

BREAKFAST

Asst. Cereal / Asst. Milk

MONDAY	WG French Toast w/ Sausage Patty Ham & Cheese on English Muffin	V
TUESDAY	Fruit Muffin Sausage & Cheese Biscuit	V
WEDNESDAY	Waffle Bar w/ Fruit Compote & Toppings Ham & Cheese on English Muffin	V
THURSDAY	English Muffin Sandwiches Sausage & Cheese Biscuit	V
FRIDAY	Cinnamon Rolls Ham & Cheese on English Muffin	V

Daily Special/Everyday

12/21-Holiday Cookie Day!

MARKET

MONDAY	Chili Verde Burrito w/ Mexican Black Beans	V
TUESDAY	Nachos	V
WEDNESDAY	Chicken Nuggets Breadstick & Green bean	V
THURSDAY	Chopstick Bar	
FRIDAY	Pizza w/ Blanched Broccoli	V

Daily Special/Everyday

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)	

CREATIONS

This Week's Feature:

Cheeseburger/Hamburger
Spicy Chicken Sandwich
Chicken Patty Sandwich
Hot/Cold Cheese Sandwich- V
Sunflower Butter & Jelly Sandwich- V
Mon, Wed, Fri-French Fries
Tues, Thur-Tater Tots
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