

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



## 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!

Greek turkey salad or wrap on a whole grain tortilla topped with Greek turkey, tomatoes and cucumbers.

## 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!

Greek turkey salad or wrap on a whole grain tortilla topped with Greek turkey, tomatoes and cucumbers.

## 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

Cheddar Mac and Cheese



Fresh Baked Bread Offered Daily with Pasta

### SHAKE IT UP!

Greek turkey pizza topped with tomatoes, cucumbers and mozzarella; garnished with chopped parsley.

# THE TASTES

by **sodexo**

### KICK IT UP A NOTCH

By adding one of our World of Flavor specialty sauces.

#### Roasted Garlic Sauce

A blend of roasted garlic, lemon juice and herbs, combined with Greek yogurt and mayo and blended until smooth.

#### Tzatziki Sauce

A traditional Greek sauce made of cucumber, dill, lemon juice and Greek yogurt.

#### 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

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

MARCH 16TH - 20TH

CAPITAL HIGH SCHOOL