

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!

Lemon pepper chicken salad or sub on a baked Parmesan herb roll topped with mozzarella cheese; finished with a freshly made bruschetta.

## 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!

Lemon pepper chicken salad or sub on a baked Parmesan herb roll topped with mozzarella cheese; finished with a freshly made bruschetta.

## 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!

Lemon pepper chicken pizza topped with shredded mozzarella cheese; finished with a freshly made bruschetta.

# FAST 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:** 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

MARCH 9TH - 13TH

CAPITAL HIGH SCHOOL

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