



Thurston High School

Date: September 8, 2014 - September 12, 2014

A full student lunch includes a choice of entrée supplying protein and grain, 2 vegetable side dishes, 2 fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.

In addition to the vegetables and fruits offered on our serving line stations, **a daily cold vegetable and fruit bar is available daily.** We feature a variety of vegetables and fruits on the bar including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices.

Price: \$3.00, \$0.40 reduced*, free* (*if qualified)

Adult Lunch Price: \$3.50

Station	Monday	Tuesday	Wednesday	Thursday	Friday
Play Bowl	Macaroni & Cheese Sauce Whole Wheat Dinner Roll Seasoned Peas & Carrots Seasoned Broccoli	Beef Nachos w/ Cheese Sauce Brown Fiesta Rice Fruit Cobbler Refried Beans Seasoned Corn	Buffalo Popcorn Chicken Macaroni Salad Whole Wheat Cinnamon Bread Stick Seasoned Green Beans Baked Potato	Saucy Italian Meatballs Pasta Whole Grain Garlic Bread Seasoned Carrots Seasoned Green Beans	Chicken Rings Whole Wheat Bread Stick Pita Triangles Baked Potato Wedges Seasoned Mixed Vegetables
Grab a Stack	Breaded Chicken Patty Sandwiches, Spicy Chicken Patty Sandwiches and Cheeseburgers may replace items currently listed on the menu or may be added as another choice without prior notice. Please check the Daily Offerings.				
	Hamburger on a Whole Grain Bun Grilled Chicken Club on a Whole Grain Bun Turkey Corn Dog Criss-Cut Fries Seasoned Broccoli	Philly Cheese Steak on a Whole Grain Bun Breaded Chicken on a Whole Grain Bun Hot Ham & Cheese on a Bagel Baked Potato Wedges Seasoned Corn	BBQ Pork Rib on a Whole Grain Bun Cheeseburger on a Whole Grain Bun BLT Burger on a Whole Grain Bun Criss-Cut Fries Baked Potato	Grilled Chicken Club on a Whole Grain Bun Cheeseburger on a Whole Grain Bun BBQ Shredded Pork on a Roll Baked Tater Tots Seasoned Green Beans	Hamburger on a Whole Grain Bun Grilled Chicken Club on a Whole Grain Bun Cheese Steak Sandwich on a Roll Baked Potato Wedges Seasoned Mixed Vegetables
Crust N Stuff	Available Daily: Cheese Pizza on Chartwells Super Whole Wheat Crust w/ Olive Oil & Flax				
	Pepperoni Pizza Pizza Dunkers	Pepperoni Pizza Ham & Cheese Flatbread	Pepperoni Pizza Hawaiian Pizza	Pepperoni Pizza Bosco Sticks with Dipping Sauce	Pepperoni Pizza Bosco Sticks with Dipping Sauce
Ready Set Deli	Available Daily: Assorted meats, tuna salad, cheeses, and other proteins; whole grain sliced bread and wraps; white sandwich rolls; shredded romaine lettuce; and sliced tomatoes				
	Italian Hoagie Fresh Spinach Cucumber Coins Sliced Onion	Ham & Cheese on a Whole Wheat Bun Fresh Spinach Cucumber Coins Sliced Onion	Roast Beef, Turkey & Ham on a Roll Fresh Spinach Cucumber Coins Sliced Onion	Chicken Caesar Wrap Fresh Spinach Cucumber Coins Sliced Onion	Ham & Cheese Hoagie Fresh Spinach Cucumber Coins Sliced Onion
OutTakes	Fruit Yogurt Parfaits w/ Granola Topping Turkey & Cheese Wrap Deli Chef Salad w/ Croutons & Crackers Diced Buffalo Chicken Salad w/ Croutons & Crackers Fresh Baby Carrots Pear Raisin Salad	Fruit Yogurt Parfaits w/ Granola Topping Chicken Caesar Wrap Deli Chef Salad w/ Croutons & Crackers Ham & Cheese Chef Salad w/ Croutons & Crackers Fresh Cucumber Coins Fresh Baby Carrots Chilled Applesauce	Fruit Yogurt Parfaits w/ Granola Topping Deli Ham on a Whole Wheat Bun Deli Chef Salad w/ Croutons & Crackers Mandarin Chicken Salad w/ Crunchy Asian Topping & Crackers Chick Pea Salad Fresh Baby Carrots Fresh Red Grapes	Fruit Yogurt Parfaits w/ Granola Topping Turkey Club on Whole Wheat Deli Chef Salad w/ Croutons & Crackers Crispy Chicken Popper Salad w/ Croutons & Crackers Broccoli Florettes Hearty Green Spinach Salad Fresh Red Delicious Apple	Fruit Yogurt Parfaits w/ Granola Topping Ham & Cheese on Whole Wheat Deli Chef Salad w/ Croutons & Crackers Satsuma Cobb Salad w/ Egg, Turkey, Ham & Croutons Fresh Baby Carrots Broccoli Salad w/ Raisins Chilled Mixed Fruit w/ Fresh Strawberries
Featured Fruit/Veg Bar Selections	Fresh Baby Carrots Chopped Romaine Lettuce Pear Raisin Salad Chilled Peaches	Fresh Cucumber Coins Broccoli Salad w/ Raisins Tomato Salsa Chilled Applesauce Jell-O w/ Mixed Fruit	Chick Pea Salad Fresh Baby Carrots Fresh Cucumber Coins Fresh Red Grapes Fresh Orange	Broccoli Florettes Hearty Green Spinach Salad Fresh Baby Carrots Fresh Red Delicious Apple Chilled Tropical Fruit	Fresh Baby Carrots Broccoli Salad w/ Raisins Fresh Celery Sticks Chilled Mixed Fruit w/ Fresh Strawberries Fruit Pudding

Menu subject to change without notice

Questions or comments? Please contact Karen Cumming, Foodservice Director at 313-535-4000 xt 1184 or cummka01@southredford.net

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EMPLOYMENT OPPORTUNITIES: Lunch Aide positions are now available. Anyone interested in working at a school during lunch should contact Karen Cumming at 313-535-4000 x 1184 for more information.