



Thurston High School

Date: September 22, 2014 - September 26, 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	Cheese Omelet Fruit Cobbler French Toast Sticks Baked Tater Tots	Chicken Fajitas Brown Fiesta Rice Rice & Beans Sautéed Peppers & Onions Refried Beans	Lasagna Rollup w/ Spaghetti Sauce Toasted Whole Grain Garlic Bun Seasoned Green Beans Seasoned Peas	Oven Fried Chicken Corn Bread Whole Wheat Dinner Roll Corn on the Cob Boston Baked Beans	Chicken Quesadilla Corn Chips White Rice Broccoli & Cheese Sauce Roasted Tomato Salsa Fresca
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.					
Grab a Stack	Hamburger on a Whole Grain Bun Grilled Chicken Club on a Whole Grain Bun BBQ Shredded Pork on a Roll Criss-Cut Fries Seasoned Green Beans	BLT Burger on a Whole Grain Bun Breaded Chicken Parm on a WG Bun Meatball Sub on a Roll Broccoli & Cheese Sauce Baked Potato Wedges	BBQ Pork Rib on a Whole Grain Bun Cheeseburger on a Whole Grain Bun Grilled Chicken Club on a Whole Grain Bun Criss-Cut Fries Herb Broccoli & Cauliflower	BLT Burger on a Whole Grain Bun Cheeseburger on a Whole Grain Bun Turkey Corn Dog Baked Tater Tots Sweet Potato Tots	Hamburger on a Whole Grain Bun Grilled Chicken on a Whole Grain Bun Cheese Steak Sandwich on a Roll Baked Potato Smiles Seasoned Mixed Vegetables
Available Daily: Cheese Pizza on Chartwells Super Whole Wheat Crust w/ Olive Oil & Flax					
Crust N Stuff	Pepperoni Pizza Chicken Brushetta Pizza	Pepperoni Pizza Brooklyn Style Pepperoni Flatbread	Pepperoni Pizza Bosco Sticks w/ Sauce	Pepperoni Pizza Bosco Sticks	Pepperoni Pizza Neapolitan Pizza
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					
Ready Set Deli	Ham & Cheese Hoagie Fresh Spinach Cucumber Coins Sliced Onion	Tuna Salad Wrap Fresh Spinach Cucumber Coins Sliced Onion	Ham & Cheese Hoagie Fresh Spinach Cucumber Coins Sliced Onion	Egg Salad on a Whole Wheat Bun 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 Fresh Strawberries	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 Broccoli Florettes Chilled Peaches Fresh Red Grapes	Fruit & Yogurt Parfaits w/ Granola Topping Ham & Cheese on Whole Wheat Deli Chef Salad w/ Croutons & Crackers Mandarin Chicken Salad w/ Crunchy Asian Topping & Crackers Chick Pea Salad Fresh Baby Carrots Chilled Pears Raisins	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 Chilled Tropical Fruit Fresh Cantaloupe	Fruit & Yogurt Parfaits w/ Granola Topping Turkey & Cheese Wrap 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 Fresh Red Grapes
Featured Fruit/Veg Bar Selections	Chopped Romaine Salad Fresh Baby Carrots Fresh Cauliflower Bites Pear Raisin Salad Fresh Strawberries	Fresh Cucumber Coins Broccoli Florettes Crunchy Spinach Salad Chilled Peaches Fresh Red Grapes	Chick Pea Salad Fresh Baby Carrots Fresh Cucumber Coins Chilled Pears Fruit Pudding	Broccoli Florettes Hearty Green Spinach Salad Fresh Sliced Celery Chilled Tropical Fruit Fresh Cantaloupe	Fresh Baby Carrots Broccoli Salad w/ Raisins Fresh Cucumber Coins Chilled Mixed Fruit w/ Fresh Strawberries Fresh Red Grapes

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.