



**Thurston High School**

**Date: September 15, 2014 - September 19, 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.

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

**Adult Lunch Price: \$3.50**

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Play Bowl</b>	Scrambled Eggs Fruit Cobbler French Toast Sticks Baked Tater Tots	Twin Beef Hard Shell Tacos Brown Rice & Beans Corn Chips Seasoned Broccoli Salsa	Popcorn Chicken Dinner Roll Whole Grain Cinnamon Breadstick Mashed Potatoes Seasoned Corn	Beef & Bean Chili Corn Bread Whole Wheat Dinner Roll Seasoned Carrots	Breaded Chicken Nuggets Whole Wheat Dinner Roll French Breadstick Baked Potato Smiles
<b>Grab a Stack</b>	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 BBQ Shredded Pork on a Roll Criss-Cut Fries Seasoned Green Beans	BLT Burger on a Whole Grain Bun Breaded Chicken on Whole Grain Bun Meatball Parm 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 Cheese Steak Sandwich on a Roll Baked Tater Tots	Hamburger on a Whole Grain Bun Grilled Chicken on a Whole Grain Bun Turkey Corn Dog Baked Potato Smiles Seasoned Mixed Vegetables
<b>Crust N Stuff</b>	Available Daily: Cheese Pizza on Chartwells Super Whole Wheat Crust w/ Olive Oil & Flax				
	Pepperoni Pizza BBQ Chicken Pizza	Pepperoni Pizza Brooklyn Style Pepperoni Flatbread	Pepperoni Pizza Bosco Sticks w/ Sauce	Pepperoni Pizza Pizza Dunkers w/ Cheese & Sauce	Pepperoni Pizza Hawaiian Pizza
<b>Ready Set Deli</b>	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				
	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
<b>OutTakes</b>	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 Fresh Orange Wedges Strawberry Cup	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 Turkey & Cheese Chef Salad w/ Croutons & 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 Strawberry Cup	Fruit & Yogurt Parfaits w/ Granola Topping Turkey & Cheese Wrap Deli Chef Salad w/ Croutons & Crackers Grilled Chicken Caesar Salad w/ Croutons & Crackers Fresh Baby Carrots Fresh Red Pepper Strips Fresh Orange Fresh Red Grapes
<b>Featured Fruit/Veg Bar Selections</b>	Chopped Romaine Salad Fresh Baby Carrots Fresh Cauliflower Bites Fresh Whole Orange Strawberry Cup	Fresh Cucumber Coins Broccoli Florettes Crunchy Spinach Salad Chilled Peaches Fresh Red Grapes	Chick Pea Salad Fresh Baby Carrots Fresh Cucumber Coins Chilled Pears Raisins	Broccoli Florettes Hearty Green Spinach Salad Fresh Sliced Celery Chilled Tropical Fruit Strawberry Cup	Fresh Baby Carrots Broccoli Salad w/ Raisins Fresh Cucumber Coins Fresh Grapes Fresh Whole Orange

**Menu subject to change without notice**

**Questions or comments?** Please contact Karen Cumming, Food Service Director at 313-535-4000 xt.1184 or cummka01@southredord.net

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

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**EMPLOYMENT OPPORTUNITIES: Substitute Cook's Helper 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.**