



Thurston High School

Date: September 29, 2014 - October 3, 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 paid, \$0.40 reduced*, free* (*if qualified)

Adult Lunch Price: \$3.50

Station	Monday	Tuesday	Wednesday	Thursday	Friday
Play Bowl	Scrambled Eggs French Toast Sticks Baked Tater Tots	Twin Soft Shell Tacos Brown Rice & Beans Fruit Cobbler Refried Beans Seasoned Corn	Beef & Bean Chili Corn Bread Corn Chips Seasoned Broccoli Criss-Cut Fries	Barbecued Chicken Macaroni Salad Whole Wheat Dinner Roll Seasoned Green Beans Baked Beans	Breaded Chicken Parmesan Whole Wheat Dinner Roll Macaroni & Cheese Sauce Seasoned Carrots Criss-Cut Fries
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 Baked Tater Tots	Philly Cheese Steak on a Whole Grain Bun Breaded Chicken Parm on a WG Bun Hot Ham & Cheese on a Bagel Baked Potato Wedges Seasoned Mixed Vegetables	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 Fresh Steamed Carrot Strips	BLT Burger on a Whole Grain Bun Cheeseburger on a Whole Grain Bun Turkey Corn Dog Broccoli & Cheese Sauce Baked Tater Tots	Hamburger on a Whole Grain Bun Grilled Chicken on a Whole Grain Bun Spicy Chicken on Bun Criss-Cut Fries
Available Daily: Cheese Pizza on Chartwells Super Whole Wheat Crust w/ Olive Oil & Flax					
Crust N Stuff	Pepperoni Pizza Pepperoni Bread	Pepperoni Pizza Ham & Cheese Flatbread Fold	Pepperoni Pizza Bosco Sticks and Sauce	Pepperoni Pizza Pizza Dunkers w/ Cheese & Sauce	Pepperoni Pizza Supreme 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	Italian Hoagie Fresh Spinach Cucumber Coins Sliced Onion	Ham & Cheese on Whole Wheat Fresh Spinach Cucumber Coins Sliced Onion	Ham & Cheese Hoagie Fresh Spinach Cucumber Coins Sliced Onion	Turkey Club on Whole Wheat Fresh Spinach Cucumber Coins Sliced Onion	Roast Beef, Turkey & Ham on a Roll Fresh Spinach Cucumber Coins Sliced Onion
OutTakes	Fruit Yogurt Parfaits w/ Granola Topping Buffalo Chicken Wrap Deli Chef Salad w/ Croutons & Crackers Breaded Buffalo Chicken Salad w/ Crackers Fresh Baby Carrots Chilled Applesauce Chilled Peaches	Fruit Yogurt Parfaits w/ Granola Topping Tuna Salad Wrap Deli Chef Salad w/ Croutons & Crackers Ham & Cheese Chef Salad w/ Croutons & Crackers Fresh Cucumber Coins Crunchy Spinach Salad Chilled Mixed Fruit w/ Fresh Strawberries Fresh Cantaloupe	Fruit Yogurt Parfaits w/ Granola Topping Ham & Cheese 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 Cinnamon Apple Slices Raisins	Fruit Yogurt Parfaits w/ Granola Topping Chicken Caesar Wrap Deli Chef Salad w/ Croutons & Crackers Crispy Chicken Popper Salad w/ Croutons & Crackers Chopped Romaine Lettuce Broccoli Florettes Chilled Tropical Fruit Fresh Red Grapes	Fruit Yogurt Parfaits w/ Granola Topping Santa Fe Turkey & Cheddar Wrap Deli Chef Salad w/ Croutons & Crackers Satsuma Cobb Salad w/ Egg, Turkey, Ham & Croutons Fresh Baby Carrots Broccoli Salad w/ Raisins Banana Chilled Mixed Fruit w/ Fresh Strawberries
Featured Fruit/Veg Bar Selections	Hearty Green Spinach Salad Fresh Baby Carrots Fresh Cauliflower Bites Chilled Applesauce Chilled Peaches	Fresh Cucumber Coins Crunchy Spinach Salad Fresh Sliced Celery Chilled Mixed Fruit w/ Fresh Strawberries Fresh Cantaloupe	Chick Pea Salad Fresh Baby Carrots Pickled Beet Salad Fresh Cinnamon Apple Slices Raisins	Chopped Romaine Lettuce Broccoli Florettes Fresh Baby Carrots Chilled Tropical Fruit Fresh Red Grapes	Fresh Baby Carrots Broccoli Salad w/ Raisins Fresh Celery Sticks Banana Chilled Mixed Fruit w/ Fresh Strawberries

Menu subject to change without notice

Questions or comments? Please call Karen Cumming, Foodservice Director at 313-535-4000 x1184 or cummka01@southredford.net

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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.