

Segue Lunch Menu

30 Breakfast for Lunch Homemade Cinnamon French Toast Turkey Sausage Patties Strawberries	31 Cuban Sandwich Slow-Roasted, Seasoned Pork, Ham, Provolone Cheese, and Dill Pickles on a Sub Roll Carolina Slaw	1 Pasta, Pasta, Pasta Spaghetti Tossed in Your Choice of Marinara, Alfredo Fresh Roasted Zucchini Garlic Bread	2 Chili Day Beef Chili Homemade Spicy Lime Tortilla Chips Sour Cream Shredded Cheddar	3 Greek Gyro's Seasoned Beef or Chicken with Tzatziki Cucumber Sauce Topped with Lettuce, Tomatoes, and Red Onions in Flat Bread
6 Labor Day No School	7 Grilled Chicken Quesadilla Cheddar Cheese, Salsa, Sour Cream Mexi-Cali Corn	8 Homemade Lasagna Homemade Tomato Sauce, Ground Beef, Ricotta Cheese Garlic Bread Tossed Caesar Salad	9 Chicken BLT Action Station Grilled Chicken, Bacon, Romaine, Tomatoes, and Cheese Tossed with Your Choice of Dressing Dinner Roll	10 Roasted Turkey Dinner Roasted Turkey, Bread Stuffing, Local Homemade Mashed Potatoes, Gravy Local Roasted Butternut Squash
13 Honey Glazed Chicken Sweet Honey Glazed Chicken Drumsticks Fresh Roasted Local Brussel Sprouts	14 Korean Beef Bulgogi Tender Shredded Beef with Korean BBQ Sesame Sauce Vegetable Fried Rice	15 Amazing Lo Mein Tender Vegetables, Garbanzo Beans, Tossed in a Sweet Soy Sauce over Noodles	16 Local Fish Taco Homemade Roasted Tomato Salsa-Fresca Herbed Brown Rice	17 Hand-Pressed Burger Bar Our Own Hand Pressed Burger Topped with Assorted Cheeses and Toppings Local Roasted Potatoes
20 Nashville Hot Chicken Sandwich Crispy Chicken breast tossed in a cayenne pepper sauce topped with pickles	21 Scrambled Denver Egg Bowl Hot, Fluffy Scrambled Egg, Vegetables, Turkey Ham, Home Fries and Topped with Cheddar Cheese Toasted English Muffin	22 Homemade Meatloaf Freshly-made Meatloaf Topped with Gravy Local Homemade Mashed Potatoes Fresh, Roasted Local Green Beans	23 Butternut Squash Mac & Cheese Herb Flat Bread	24 Pork Carnitas-Soft Tacos Slow Roasted Pork topped with Homemade Pico de Gallo, Cilantro Lime Crema Local Corn on the Cob Seasoned Black Beans
27 Teriyaki Pineapple Chicken Sandwich Homemade Herb Roasted Local Potato Wedges	28 Orange Tofu Rice Bowl Action Station Crispy Tofu Tossed with Vegetable and Glazed with a Tangy Orange Sauce Local Roasted Broccoli	29 Texas Toast Grilled Cheese Homemade Broccoli and Cheddar Soup Homemade Mexican Chocolate Popcorn	30 SUSHI DAY! California Roll Served with Wasabi, Pickled Ginger, Sriracha Yogurt Sauce Edamame Salad	New Breakfast All Day Concept

Plant Power
Plant Power is a celebration of plant-based, fresh, seasonal, and local foods. Through a variety of menu items and cafe activities, students explore how they and their families can incorporate more of these powerful foods into their regular diet.

A variety of fresh local fruits and vegetables are available daily.

2 tomato
Available daily:
Fresh Baked Pizzas, Calzones and Flatbreads
Served with Your Choice of Fries, Fresh Hot or Cold Vegetables, Salad, and Fruit

Daily Specials:
Cheese & Pepperoni Pizza available Daily

grilled

Available daily:
Hamburger, Cheeseburger, Chicken Patty, Buffalo Chicken Patty
Served with Your Choice of Fries, Fresh Hot or Cold Vegetables, Salad, and Fruit

Vegetarian Options

Monday – Yogurt Parfait
Tuesday – Garden Salad
Wednesday – Grilled Cheese
Thursday – Veg/Fruit Smoothies

ON THE GO

Assorted pre-packaged entrée salads and deli sandwiches offered with fruits, vegetables and milk.

Daily Specials may include:
Assorted, Buffalo Chicken Salad, Chicken Caesar Wrap or Salad, Turkey & Cheese Pretzel Roll, Veggie Wrap, Italian Sub

All items are made with whole grains.
All meals are served with a variety of fruits and vegetables, local when available.
All meals are served with milk (1% low fat white or fat free chocolate).
Menu is subject to change.
This institution is an equal opportunity provider.