What's on the Menu?

Segue Lunch

Monday Tuesday

Wednesday

Thursday

Friday Daily Offerings

Buffalo Chicken Calzone Herb Roasted Local Potato Wedges

No School Primary Election Day -Go VOTE!

Burger Bar 3 Assorted Cheeses, Gotham Greens Lettuce, Tomatoes, Onions, Pickles, Sauteed Mushrooms

Baked French Fries

10

Nat'l Carrot Day 4 BBQ Chicken Breast Roasted Carrot Sticks w/Dipping Sauce Homemade Cornbread

Cubano Pork Sandwich Carolina Slaw

5

19

11

Nat'l Grilled 12 Cheese Day **Triple Grilled**

Cheese Sandwich **Baked Fries**



Breakfast 4 Lunch

Beef Tacos Fresh Pico de Gallo Local Gotham Greens Lettuce. Shredded Cheddar. Guac, Sour Cream

Local Pork & Cheese Calzone Roasted Broccoli

Honey Mustard **BBQ Chicken** Sandwich Roasted Local **Butternut Squash**



Spring Into Local 26

Greens Salad Bar

Gotham Greens

Lettuce, HB Eggs,

Grilled Chicken,

Mozzarella/Cheddar

Cheese, Garlic

Breadstick

15

SPRING BREAK!

A Variety of Fruit, Vegetables, or Salads (Fresh, Local, or Canned)

Cheese & Pepperoni

Pizza Specialty Pizza

grilled

Cheeseburgers, Chicken Patty,

Spicy Chicken Patty, Chicken

Nuggets or Tenders Baked Fries



Sandwiches, Wraps, Salads, Yogurt Parfaits, and Smoothies



Veggie Burgers, Grilled Cheese. Roasted Veggie Wrap



Earth Day Cheese

Quesadilla Corn & Black Bean Salsa

29 Korean Beef Bulgogi

30 Mac & Cheese Bar Buffalo Chicken. Sauteed Peppers & Onions Roasted Broccoli Dinner Roll

Chicken Nachos 23

Gotham Greens

Lettuce. Pico de

Gallo.

Shredded Cheddar.

Guacamole

Sour Cream

Stop Food 24 Waste

Veggie & Cheese Frittata Roasted Local Asparagus Garlic Flatbread

Baked Potato Bar Local Butternut Squash Chili, Shredded Cheddar. **Tortilla Chips**

Vegetarian

Locally Grown

Meal prices: \$X.XX Lunch, \$X.XX etc.



Roasted Sesame **Green Beans**

Full menus available on Nutrislice!



What's on the Menu?

Segue Breakfast

Monday Tuesday Wednesday **Thursday** Friday No School 3 5 Primary Strawberry Egg, & Cheese Egg, & Cheese Breakfast Burrito **Breakfast Yogurt** Election Day on a English Ham, Egg & on a Bagel Parfait with Go VOTE! Muffin Cheese Granola 12 8 10 11 Strawberry Bacon, Egg, & Egg & Cheese French Toast Ham, Egg, & Smoothie Cheese on a Wrap Breakfast Syrup Cheese on an Banana Muffin Bagel English Muffin 19 15 SPRING BREAK! 26 25 22 23 24 Chicken Very Berry **Breakfast Yogurt** Sausage, Egg, & Ham & Egg on a Waffles Egg & Cheese on Parfait with Cheese on a Bagel **Breakfast Syrup** an English muffin Bagel Granola 30 29 Bacon, Egg, & Pancakes Cheese on an **English Muffin** Breakfast Syrup

Daily Offerings

Assorted Cereals

Assorted Shribark
Muffins
Bagels
Fresh Fruit
100% Fruit Juice
1% Low Fat Milk
Fat Free Chocolate Milk









Locally Grown









serving up happy & healthy

Supper Menu - April 2024

| 1 | 2 | 3 | 4 | 5 |
|---|--|---|---|---|
| Chicken Salad Sandwich Three Bean Salad Honeydew Melon Milk | No School Primary Election Day – Go VOTE! | Tuna Salad Sandwich Cucumbers Apple Milk | Buffalo Popcorn Chicken Wrap Broccoli Orange | BBQ Chicken Wrap Baby Carrots Apple Milk |
| 8 | 9 | 10 | 11 | 12 |
| Chicken Caesar Wrap Celery Sticks Grapes Milk | Turkey, Apple, & Swiss Sub Grape Tomatoes Juice Milk | Chicken Club Sandwich Cucumbers Fruit Cocktail Milk | Egg Salad Sandwich Buffalo Cauliflower Pear Milk | Buffalo Chicken Wraj Baby Carrots Apple Milk |
| 15 | 16 | 17 | 18 | 19 |

Any questions, please contact the Director of Dining Services, or at @copassusa.com

SPRING BREAK!

| 22 | 23 | 24 | 25 | 26 |
|---|--|---|---|---|
| Chicken Salad Sandwich Three Bean Salad Honeydew Melon Milk | Turkey, Apple, & Swiss Sub Grape Tomatoes Juice Milk | Tuna Salad Sandwich Cucumbers Apple Milk | Buffalo Popcorn Chicken Wrap Broccoli Orange Milk | Buffalo Chicken Wrap Baby Carrots Apple Milk |
| 29 | 30 | | | |
| Chicken Salad Sandwich Three Bean Salad Honeydew Melon Milk | Turkey, Apple, & Swiss Sub Grape Tomatoes Juice Milk | | | |

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.

