



## FALL 2020 MENU | MONTH 1

*Every child deserves a healthy start.™*

Our lunch menus are carefully selected to provide healthy variety, balance, and flavor. Our sauces, soups, and dressings are homemade and contain no high fructose corn syrup, preservatives, or additives. Our hamburger patties are 100% natural beef, and our chicken is fresh and natural. For our sandwiches, we serve a low-sodium turkey breast and we proudly utilize locally produced artisan breads.

Each meal is served à la carte and include packaged utensils, napkin, and condiments.  
All are individually packaged and labeled with student name and grade.

VEGETARIAN

VEGAN

GLUTEN FREE

DAIRY FREE

### MONDAY

**BISTRO BOX** Ham, Cheese, Grape, Cracker, Carrot, Celery, Herb Ranch Dressing

**OVEN ROASTED TURKEY CLUB SANDWICH** Bacon, Lettuce, Tomato, Whole Wheat Bread **DF / GF Option**

**CAPRESE SANDWICH** Mozzarella, Tomato, Basil, Balsamic, White Baguette **VEG**

**PLAIN CAESAR SALAD** Leaf Lettuce, Herb Crouton, Parmesan Dressing

**GRILLED CHICKEN CAESAR SALAD** Leaf Lettuce, Herb Crouton, Parmesan Dressing

**BUN CHA BOWL** Lemongrass Pork Meatball, Snap Pea, Bean Sprout, Carrot, Cilantro, Thai Basil, Rice Noodle, Nuoc Cham **GF**

**CHEESE ENCHILADAS** Roasted Corn, Mexican Rice, Cheddar Cheese, Pinto Bean **VEG / GF Option**

**CHICKEN TIKKA MASALA** Green Pea, Creamy Tomato Sauce, Basmati Rice **GF**

**BUTTERED NOODLES WITH CHICKEN** 12 oz **GF Option**

**CHICKEN TENDERS (4 PC)** **DF**

### TUESDAY

**OVEN ROASTED TURKEY CLUB CROISSANT** Bacon, Lettuce, Tomato

**GRILLED CHICKEN BANH MI SANDWICH** Cucumber, Red Onion, Pickled Carrot & Daikon, Cilantro, Sriracha-Ginger Mayo Hoagie Roll

**BLT** Bacon, Lettuce, Tomato, Whole Wheat Bread **DF / GF Option**

**CILANTRO LIME BEEF SALAD** Field Green, Mozzarella, Corn, Tomato, Toasted Pumpkin Seed, Cilantro-Lime Vinaigrette **GF**

**MEXI-CALI RICE BOWL** Cauliflower Rice, Black Bean, Jicama, Corn, Tomato, Onion, Cilantro, Avocado-Lime Salsa **V / GF**

**MAC & CHEESE** Macaroni, House Made Cheese Sauce 12 oz **VEG**

**HAWAIIAN PULLED PORK SLIDERS (3)** Grilled Pineapple, Miso Coleslaw, Soft Roll

**CHICKEN SOFT TACOS (3)** Cabbage, Cheddar Cheese, Corn Tortillas, Side of Pico de Gallo **GF**

# SAPPHIRE AT SCHOOL

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## WEDNESDAY

**OVEN ROASTED TURKEY CLUB SANDWICH** Bacon, Lettuce, Tomato, Whole Wheat Bread **DF / GF Option**  
**HAM & CHEDDAR CHEESE SLIDERS (3)** Dijonnaise, Hawaiian Roll  
**THAI CHICKEN WRAP** Rice Noodle, Cucumber, Lettuce, Sunbutter Dressing, Whole Wheat Tortilla **DF**  
**PLAIN CAESAR SALAD** Leaf Lettuce, Herb Crouton, Parmesan Dressing  
**GRILLED CHICKEN CAESAR SALAD** Leaf Lettuce, Herb Crouton, Parmesan Dressing  
**VEGGIE "POKE" BOWL** Brown Rice, Edamame, Tomato, Cucumber, Japanese Carrot, Cabbage, Green Onion, Ponzu Sauce **V**  
**PENNE BOLOGNESE** Meat Sauce 12 oz **DF / GF Option**  
**BEEF BULGOGI BOWL** Carrot, Onion, Cabbage, Kimchi, Steamed Rice **DF**  
**CHICKEN TENDERS (4 PC)** **DF**

## THURSDAY

**GRILLED CHICKEN PITA KIT** Carrot, Snap Pea, Tomato, Cucumber, Hummus  
**TRIPLE SUNFLOWER SEED BUTTER, BANANA & JELLY SANDWICH** Whole Wheat Bread **V / GF Option**  
**CHICKEN PESTO WRAP** Mozzarella, Pesto, Tomato, Arugula, Balsamic, Whole Wheat Tortilla  
**CHINESE CHICKEN SALAD** Field Green, Orange, Carrot, Cabbage, Cucumber, Wonton Strip, Orange-Sesame Dressing **DF**  
**COLD UDON NOODLE BOWL** Udon, Cucumber, Sesame, Green Onion, Mushroom, Soy-Ginger Dressing **V**  
**LOADED BREAKFAST BURRITO** Bacon, Ham, Sausage, Cheese, Potato, Flour Tortilla, Side of Salsa Roja  
**CHICKEN ALFREDO** Parmesan Cream Sauce 12 oz **GF Option**  
**BEEF TERIYAKI BOWL** Carrot, Onion, Snap Pea, Steamed Rice **DF**  
**PEPPERONI PIZZA SANDWICH** Mozzarella Cheese, Pepperoni, Tomato Sauce, White Baguette

## FRIDAY

**OVEN ROASTED TURKEY CLUB SANDWICH** Bacon, Lettuce, Tomato, Whole Wheat Bread **DF / GF Option**  
**BBQ CHICKEN WRAP** Lettuce, Tomato, Shredded Cheddar Cheese, BBQ Ranch, Whole Wheat Tortilla  
**PLAIN CAESAR SALAD** Leaf Lettuce, Herb Crouton, Parmesan Dressing  
**GRILLED CHICKEN CAESAR SALAD** Leaf Lettuce, Herb Crouton, Parmesan Dressing  
**CHEF VEGETABLE SALAD** Mixed Green, Market Vegetables, Cintronade Dressing **V / GF**  
**CALIFORNIA ROLL** Krab, Avocado, Carrot, Cucumber, Edamame, Rice, Side: Soy Sauce & Wasabi **DF**  
**CHICKEN YAKISOBA** Cabbage, Carrot, Onion, Broccoli  
**BEAN & CHEESE BURRITO** Cheddar Cheese, Pinto Bean, Whole Wheat Tortilla **VEG**  
**CHICKEN TENDERS (4 PC)** **DF**

## DAILY SNACKS & BEVERAGES

BOTTLED WATER

ALMOND MILK

SMARTFOOD POPCORN

ORGANIC MILK

EDAMAME

MISS VICKIE'S CHIPS

ORGANIC CHOCOLATE MILK

SEASONAL FRUIT CUP

FRESHLY BAKED COOKIES