



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

MEDITERRANEAN QUINOA BOWL Lentil, Tomato, Grilled Zucchini, Mixed Grilled Pepper, Roasted Cauliflower, Cucumber Arugula, Sumac Tahini Dressing **V / GF**

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

BUTTERED NOODLES 8 oz **VEG / GF Option**

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

CHICKEN TENDERS (4 PC) **DF**

TUESDAY

GRILLED CHICKEN PITA KIT Carrot, Snap Pea, Tomato, Cucumber, Hummus

SUNFLOWER SEED BUTTER & JELLY SANDWICH Whole Wheat Bread **V / GF Option**

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 8 oz **VEG**

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

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

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

SAPPHIRE AT SCHOOL

WEDNESDAY

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**
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 8 oz **DF / GF Option**
PENNE BOLOGNESE Meat Sauce 12 oz **DF / GF Option**
CHICKEN TENDERS (4 PC) **DF**

THURSDAY

GRILLED CHICKEN PITA KIT Carrot, Snap Pea, Tomato, Cucumber, Hummus
SUNFLOWER SEED BUTTER & 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**
CHICKEN ALFREDO Parmesan Cream Sauce 8 oz **GF Option**
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

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**
BBQ CHICKEN TENDER 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**
BEAN & CHEESE BURRITO Cheddar Cheese, Pinto Bean, Whole Wheat Tortilla **VEG**
HAMBURGER Potato Bun **GF Option**
CHEESEBURGER Potato Bun **GF Option**
CHICKEN TENDERS (4 PC) **DF**

DAILY SNACKS & BEVERAGES

BOTTLED WATER

ALMOND MILK

SMARTFOOD POPCORN

ORGANIC MILK

EDAMAME

MISSVICKIE'S CHIPS

ORGANIC CHOCOLATE MILK

SEASONAL FRUIT CUP

FRESHLY BAKED COOKIES