



OCTOBER 2020 MENU

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

- GRILLED CHICKEN PITA KIT** Carrot, Snap Pea, Tomato, Cucumber, Hummus **DF**
- FALAFEL PITA KIT** Carrot, Snap Pea, Tomato, Cucumber, Tzatziki Sauce, Hummus **VEG**
- OVEN ROASTED TURKEY CLUB SANDWICH** Bacon, Lettuce, Tomato, White Bread **DF / GF Option**
- CAPRESE SANDWICH** Mozzarella, Tomato, Basil, Balsamic, Baguette **VEG**
- PLAIN CAESAR SALAD** Leaf Lettuce, Herb Crouton, Parmesan Dressing
- GRILLED CHICKEN CAESAR SALAD** Leaf Lettuce, Herb Crouton, Parmesan Dressing
- COLD TERIYAKI CHICKEN BOWL** Brown Rice, Edamame, Tomato, Cucumber, Japanese Carrot, Cabbage, Green Onion Ponzu Sauce **DF**
- PENNE ALFREDO** Parmesan Cream Sauce 8 oz
- CHICKEN ALFREDO** Parmesan Cream Sauce 12 oz **GF Option**
- CHICKEN TENDERS (4 PC)** **DF**

TUESDAY

- HAM BISTRO BOX** Cheese, Grape, Cracker, Carrot, Cucumber, Celery, Herb Ranch Dressing
- BLT** Bacon, Lettuce, Tomato, White Bread **DF / GF Option**
- HAM & CHEDDAR CHEESE SLIDERS (3)** Sweet Hawaiian Roll
- CILANTRO LIME BEEF SALAD** Field Green, Mozzarella, Corn, Tomato, Toasted Pumpkin Seed, Cilantro-Lime Vinaigrette **GF**
- MEXI-CAULI 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**
- ALL BEEF HOT DOG** Soft Bun **DF / GF Option**

SAPPHIRE AT SCHOOL

WEDNESDAY

OVEN ROASTED TURKEY CLUB SANDWICH Bacon, Lettuce, Tomato, White Bread **DF / GF Option**
THAI CHICKEN WRAP Rice Noodle, Cucumber, Carrot, Cabbage, Lettuce, Sunbutter Dressing, Flour Tortilla **DF**
PLAIN CAESAR SALAD Leaf Lettuce, Herb Crouton, Parmesan Dressing
GRILLED CHICKEN CAESAR SALAD Leaf Lettuce, Herb Crouton, Parmesan Dressing
CALIFORNIA ROLL Rice, Krab, Avocado, Carrot, Cucumber, Side of: Edamame, Soy Sauce & Wasabi **DF**
VEGGIE SUSHI ROLL Rice, Mango, Carrot, Cucumber, Side of: Edamame, Soy Sauce & Wasabi **V**
HAMBURGER White Bun **GF Option**
CHEESEBURGER White Bun **GF Option**
BEAN & CHEESE BURRITO Cheddar Cheese, Pinto Bean, Flour Tortilla **VEG**
PENNE MARIANARA 8 oz **VEG / DF / GF Option**
PENNE BOLOGNESE Meat Sauce 12 oz **DF / GF Option**

THURSDAY

SALAMI BISTRO BOX Cheese, Grape, Cracker, Carrot, Cucumber, Celery, Herb Ranch Dressing
HAM & CHEDDAR CHEESE SLIDERS (3) Sweet Hawaiian Roll
CHICKEN PESTO WRAP Mozzarella, Pesto, Tomato, Arugula, Balsamic, Flour Tortilla
CHINESE CHICKEN SALAD Field Green, Orange, Carrot, Cabbage, Cucumber, Wonton Strip, Orange-Sesame Dressing **DF**
COLD UDON NOODLE BOWL Udon, Tofu, Cucumber, Edamame, Cabbage, Carrot, Green Onion, Sesame Soy-Ginger Dressing **V**
BEEF TERIYAKI BOWL Carrot, Onion, Snap Pea, Steamed Rice **DF**
CHICKEN TENDERS (4 PC) **DF**
CHEESE PIZZA SANDWICH Mozzarella Cheese, Cheddar Cheese, Tomato Sauce, Baguette **VEG**
PEPPERONI PIZZA SANDWICH Mozzarella Cheese, Pepperoni, Tomato Sauce, Baguette

FRIDAY

GRILLED CHICKEN PITA KIT Carrot, Snap Pea, Tomato, Cucumber, Hummus **DF**
SUNFLOWER SEED BUTTER & JELLY SANDWICH White Bread **V / GF Option**
BBQ CHICKEN TENDER WRAP Lettuce, Tomato, Shredded Cheddar Cheese, BBQ Ranch, Flour Tortilla
BEEF TACO SALAD Field Greens, Tomato, Roasted Corn, Black Bean, Cheddar Cheese, Pico de Gallo, Corn Tortilla Strips Salsa Ranch Dressing
CALIFORNIA ROLL Rice, Krab, Avocado, Carrot, Cucumber, Side of: Edamame, Soy Sauce & Wasabi **DF**
VEGGIE SUSHI ROLL Rice, Mango, Carrot, Cucumber, Side of: Edamame, Soy Sauce & Wasabi **V**
BREAKFAST BURRITO Scrambled Egg, Cheddar Cheese, Potato, Flour Tortilla, Side of Salsa **VEG**
BACON BREAKFAST BURRITO Scrambled Egg, Cheddar Cheese, Potato, Flour Tortilla, Side of Salsa
BUTTERED NOODLES 8 oz **VEG / GF Option**
BUTTERED NOODLES WITH CHICKEN 12 oz **GF Option**

DAILY SNACKS & BEVERAGES

BOTTLED WATER

ORGANIC MILK

ORGANIC CHOCOLATE MILK

S.PELLEGRINO

ALMOND MILK

EDAMAME

SEASONAL FRUIT CUP

ROLD'S GOLD PRETZELS

SMARTFOOD POPCORN

MISS VICKIE'S CHIPS

FRESHLY BAKED COOKIES

PROTEIN BITES (2)