



JANUARY 2021 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 artisanal 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

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

ROAST BEEF & CHEDDAR CHEESE SLIDERS (3) Sweet Hawaiian Roll

MEDITERRANEAN CHICKEN SALAD Field Green, Cucumber, Tomato, Red Onion, Roasted Zucchini, Black Olive, Garbanzo Bean, Mozzarella, Lemon Oregano Dressing **GF**

SHEPHERD'S PIE Seasoned Ground Beef, Creamy Mashed Potato, Pea, Carrot, Cheddar Cheese **GF**

4 PIECE CHICKEN TENDERS **DF**

BUTTERED NOODLES 8 oz **VEG GF Option**

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

TUESDAY

PESTO CHICKEN WRAP Mozzarella, Pesto, Tomato, Arugula, Balsamic, Flour Tortilla

ANTIPASTO SALAD Mixed Green, Salami, Ham, Provolone, Pepperoncini, Tomato, Cucumber, Italian Dressing **GF**

COLD UDON NOODLE BOWL Udon, Tofu, Cucumber, Edamame, Cabbage, Carrot, Green Onion, Sesame, Soy-Ginger Dressing **V**

TURKEY CHILI Red Bean, Pinto Bean, Cheddar Cheese **GF**

MAC & CHEESE Macaroni, House Made Cheese Sauce 8 oz **VEG**

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

CHEESE PIZZA SANDWICH Mozzarella Cheese, Cheddar Cheese, Tomato Sauce, Baguette **VEG**

PEPPERONI PIZZA SANDWICH Mozzarella Cheese, Pepperoni, Tomato Sauce, Baguette

SAPPHIRE AT SCHOOL

WEDNESDAY

GRILLED CHICKEN PITA KIT Carrot, Snap Pea, Tomato, Cucumber, Hummus
HAM & CHEDDAR CHEESE SLIDERS (3) Sweet Hawaiian Roll
PLAIN CAESAR SALAD Romaine, Herb Crouton, Parmesan Dressing **VEG**
GRILLED CHICKEN CAESAR SALAD Romaine, Herb Crouton, Parmesan Dressing
BEAN & CHEESE BURRITO Cheddar Cheese, Pinto Bean, Flour Tortilla **VEG**
HAMBURGER White Bun **GF Option**
CHEESEBURGER White Bun **GF Option**
4 PIECE CHICKEN TENDERS **DF**

THURSDAY

SALAMI BISTRO BOX Cheese, Grape, Cracker, Carrot, Cucumber, Celery, Herb Ranch Dressing
OVEN ROASTED TURKEY CLUB SANDWICH Bacon, Lettuce, Tomato, White Bread **DF GF Option**
CHINESE CHICKEN SALAD Field Green, Orange, Carrot, Cabbage, Cucumber, Wonton, Orange-Sesame Dressing **DF**
BUTTERED NOODLES 8 oz **VEG GF Option**
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
TERIYAKI CHICKEN BOWL Carrot, Onion, Snap Pea, Steamed Rice **DF**
ALL BEEF HOT DOG Traditional Bun **DF GF Option**

FRIDAY

½ TURKEY & CHEESE SANDWICH BOX Cheddar Cheese, White Bread, Side of Fruit, Crudite with Ranch
HAM & CHEDDAR CHEESE SLIDERS (3) Sweet Hawaiian Roll
TEX MEX CHICKEN TENDER SALAD Romaine, Black Bean, Roasted Corn, Tomato, Cucumber, Cheddar Cheese, Salsa Ranch Dressing
CALIFORNIA POKE BOWL Krab, Sticky Rice, Edamame, Tomato, Cucumber, Japanese Carrot, Cabbage, Green Onion, Ginger, Wasabi, Soy Sauce **VEG DF**
CHEESE ENCHILADAS Refried Pinto Bean, Spanish Rice **VEG GF**
BBQ PULLED PORK SLIDERS (3) Sweet Hawaiian Roll
4 PIECE CHICKEN TENDERS **DF**

DAILY SNACKS & BEVERAGES

Bottled Water

Organic Milk (Plain)

Organic Milk (Chocolate)

San Pellegrino

Soy Milk

Edamame

Seasonal Fruit Cup

Stacey's Pita Chips

Popcorn

Miss Vickie's Chips

Freshly Baked Cookies

Protein Bites (2)