



PHS LUNCH MENU

October 9th – 13th, 2017



Choices



- Breakfast Tortas
- Carnitas Tortas
- Chipotle Turkey Tortas
- The Cubana Tortas

Sides

- Jicama & Cucumber Salad
- Roasted Corn
- Super Salad
- Mexican Pickled Onions
- Pico de Gallo
- Salsa Verde
- Melon Lime Salad
- Roasted Pineapple Salsa



- Monday** – Chef Salad w/ WW Roll
- Tuesday** – Chicken Caesar Salad w/ WW Roll
- Wednesday** – Crispy Chicken Salad w/Roll
- Thursday** – Chicken Fajita Salad w/ WW Roll
- Friday** – Buffalo Chicken Salad w/WW Roll

DAILY SIDES

- Monday** – Steamed Green Beans/ Chilled Fruit
- Tuesday** – Refried Beans/Fresh Fruit
- Wednesday** – Roasted Carrots/Fresh Fruit
- Thursday** – Steamed Rice/Fresh Fruit
- Friday** – Mashed Potatoes/ Chilled Fruit

REMEMBER TO PICK AT LEAST 3 OUT OF THE 5 COMPONENTS AND ONE "MUST" A FRUIT OR VEGETABLE!



THIS WEEK'S DAILY SPECIALS

* Big Daddy's Cheese Pizza Served Daily

- Monday** – Italian Pepperoni Pizza
- Tuesday** – Sausage Style Pizza
- Wednesday** – BBQ Chicken Pizza
- Thursday** – Pepperoni Pizza
- Friday** – Hawaiian Pizza

(All Pizza's are prepared on Whole Grain Pizza Crust)



THIS WEEK'S DAILY SPECIAL'S

- Monday** – Chicken Nuggets
- Tuesday** – Cheeseburger
- Wednesday** – Chicken Patty Sandwich
- Thursday** – Corn Dog
- Friday** – Bacon Cheeseburger



Monday	Grilled Cheese & Tomato Soup Ham and Cheese Wrap
Tuesday	Spaghetti & Meatballs Chicken Caesar Wrap
Wednesday	Breakfast for Lunch Crispy Chicken Wrap
Thursday	Zesty Orange Chicken American Sub
Friday	Turkey Dinner Buffalo Chicken Wrap

Menu is subject to change due to Availability