

Monday	Tuesday	Wednesday	Thursday	Friday
Sizzle and Main • Every Day Chef-prepared Meals with Vegetarian Choices Served with Daily Sides				
New Years Day!	Christmas Break!	All Beef Hot Dogs Black Bean Burger=V Sweet Fries Baked Beans	Chicken Pot Pie Vegetable Medley=V Tater Tots Apple Sauce	Whole Grain Cheese Pizza =V Pepperoni Pizza Italian Market Salad Baby Carrots with Ranch Dip

Trojan Café Sandwich Meal-Sandwich Meals Includes Daily Sides

Chicken Caesar Wrap– Golden Fried Chicken, Fresh Romaine, and Grated Parm on a Wheat Tortilla.
Sandwich of the Day– Made Fresh from the Finest Ingredients.

Trojan Café Salad Meals

Our Salads are Prepared Fresh Each Day with Fresh Vegetables, Quality Meats, Cheeses and are served with your choice of Dressing.

Lemon Chicken Salad– Hand Cut Lemon Pepper Chicken over Fresh Romaine with Cherry Tomato, Diced Cucumber, and Crumbled Feta Cheese.

Picnic Chicken Salad-A Bed of Fresh Romaine is Topped with Whole Grain Chicken Fingers, Sliced Cucumbers, Grape Tomatoes, Shredded Cheddar Cheese, and House made Garlic Croutons

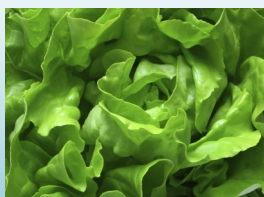
Simmer’s Soup Stop • Choose from Two Housemade Soups

Chicken Noodle-Our Chicken Noodle is Made with Fresh Cut Vegetables, Springer Mountain Farms Chicken, and Whole Wheat Noodles

Soup of the Day-Our Soup of the Day is Always Made from Scratch with the Finest Fresh Ingredients

All Meals Include Choice of:

Sliced Apples, Grapes, Orange Smiles, Bananas, Assorted Yogurt, or Cup of Soup
All Meals are Served with Your Choice of Milk, Juice, or Water (Fountain Beverages available for Middle and High School)



Vegetarian Options =V

*ChefAdvantage is committed to serving
 Nutritious and Delicious Meals!*

Locally sourced ingredients whenever possible
 No High Fructose Corn Syrup, Trans Fats, or MSG



Monday

Tuesday

Wednesday

Thursday

Friday

Sizzle and Main • Every Day Chef-prepared Meals with Vegetarian Choices Served with Daily Sides

Fiesta Chicken Nachos
Vegetarian Nachos=V
 House Made Pico de Gallo
 Spanish Rice

All American Cheeseburger
Black Bean Burger=v
 Crinkle Cut Fries
 Fresh Cucumber with Ranch Dip

Chicken Parmesan
Eggplant Parmesan=V
 Spaghetti with Marinara
 Garlic Green Beans

Breakfast for Lunch=V
Cheesy Eggs
 Golden Pancakes
 Fruit Salad

Whole Grain Cheese Pizza =V
Pepperoni Pizza
 Italian Market Salad
 Fresh Celery with Ranch Dip

Trojan Café Sandwich Meal-Sandwich Meals Includes Daily Sides

Three Cheese Grilled Cheese-Melted Cheddar, Swiss, and Mozzarella Served on Whole Grain Bread
Sandwich of the Day- Made Fresh from the Finest Ingredients.

Trojan Café Salad Meals

Our Salads are Prepared Fresh Each Day with Fresh Vegetables, Quality Meats, Cheeses and are served with your choice of Dressing.

Chef Salad-A Bed of Fresh Romaine is Topped with Roast Turkey, Ham, Hard Boiled Eggs, Sliced Cucumbers, Grape Tomatoes, Shredded Cheddar Cheese, and House made Garlic Croutons

Picnic Chicken Salad-A Bed of Fresh Romaine is Topped with Whole Grain Chicken Fingers, Sliced Cucumbers, Grape Tomatoes, Shredded Cheddar Cheese, and

Simmer's Soup Stop • Choose from Two Housemade Soups

Tomato Basil Soup-Rich and Creamy with a Hint of Basil-Goes Great with Three Cheese Grilled Cheese
Soup of the Day-Our Soup of the Day is Always Made from Scratch with the Finest Fresh Ingredients

All Meals Include Choice of:

Sliced Apples, Grapes, Orange Smiles, Bananas, Assorted Yogurt, or Cup of Soup
All Meals are Served with Your Choice of Milk, Juice, or Water (Fountain Beverages available for Middle and High School)



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MLK, Jr. Day!	Pulled Pork Sandwich Garden Burger=V Macaroni and Cheese Homestyle Coleslaw	Beef Baked Ziti Eggplant Parmesan=V Tossed Salad Garlic Green Beans	Crispy Chicken Sandwich Boca Nuggets=V Roasted Red Potatoes Fresh Broccoli with Ranch Dip	Whole Grain Cheese Pizza =V Pepperoni Pizza Italian Market Salad Celery Sticks with Ranch Dip

Trojan Café Sandwich Meal-Sandwich Meals Includes Daily Sides

Buffalo Chicken Wrap-Buffalo Chicken Strips, Romaine, Diced Celery and Carrots Rolled in a Whole Grain Tortilla Served with Ranch or Blue Cheese Dip
Sandwich of the Day- Made Fresh from the Finest Ingredients.

Trojan Café Salad Meals

Our Salads are Prepared Fresh Each Day with Fresh Vegetables, Quality Meats, Cheeses and are served with your choice of Dressing.

Chicken Caesar Salad-A Bed of Fresh Romaine is Topped with Grilled Chicken Breast, Parmesan Cheese, and House Made Garlic Croutons

Picnic Chicken Salad-A Bed of Fresh Romaine is Topped with Whole Grain Chicken Fingers, Sliced Cucumbers, Grape Tomatoes, Shredded Cheddar Cheese, and House made Garlic Croutons

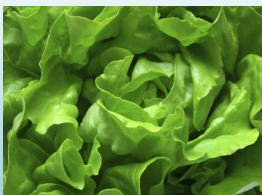
Simmer's Soup Stop • Choose from Two Housemade Soups

Chicken and Rice-Our Chicken and Rice is Made with Fresh Cut Vegetables, Springer Mountain Farms Chicken, and Whole Grain Brown Rice

Soup of the Day-Our Soup of the Day is Always Made from Scratch with the Finest Fresh Ingredients

All Meals Include Choice of:

Sliced Apples, Grapes, Orange Smiles, Bananas, Assorted Yogurt, or Cup of Soup
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Whole Grain Chicken Tenders Boca Chicken Nuggets=V Golden Kernel Corn Steamed English Peas	Spaghetti with Meat Sauce Spaghetti with Marinara=V Garlic Breadstick Tossed Salad	Roast Turkey Breast with Gravy Five Bean Bake= V Smashed Potatoes Steamed Green Beans Fresh Baked Roll	Roast Pork Lo Mein 5-Way Veggie Lo Mein= V Made with Whole Grain Noodles Mini Vegetable Eggrolls Steamed Broccoli	Whole Grain Cheese Pizza =V Pepperoni Pizza Italian Market Salad Baby Carrots with Ranch Dip

Trojan Café Sandwich Meal-Sandwich Meals Includes Daily Sides

Three Cheese Grilled Cheese-Melted Cheddar, Swiss, and Mozzarella Served on Whole Grain Bread
Sandwich of the Day- Made Fresh from the Finest Ingredients.

Trojan Café Salad Meals

Our Salads are Prepared Fresh Each Day with Fresh Vegetables, Quality Meats, Cheeses and are served with your choice of Dressing.

Chef Salad-A Bed of Fresh Romaine is Topped with Roast Turkey, Ham, Hard Boiled Eggs, Sliced Cucumbers, Grape Tomatoes, Shredded Cheddar Cheese, and House made Garlic Croutons

Picnic Chicken Salad-A Bed of Fresh Romaine is Topped with Whole Grain Chicken Fingers, Sliced Cucumbers, Grape Tomatoes, Shredded Cheddar Cheese, and House made Garlic Croutons

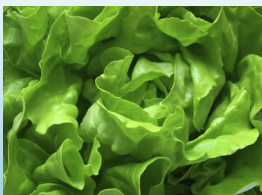
Simmer’s Soup Stop • Choose from Two Housemade Soups

Creamy Potato Soup- Hand Smashed Potato, Slow Simmered with Cream and Rough Cut Bacon.

Soup of the Day-Our Soup of the Day is Always Made from Scratch with the Finest Fresh Ingredients

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