

Happy
New
Year



2023

Secondary Lunch Menu - January



The Great American Roadtrip allows students to experience this great country through the power of food!! Go on a journey through the quadrants of the US, where you will learn about local favorites of each region.

2 	3 Beef Nachos w/Cheese served w/Sour Cream & Corn Black Bean Salsa	4 Brunch for Lunch Pancakes, Sausage, Tater Tots, Fruit and Maple Syrup	5 Big City Asian Zing BBQ Pulled Pork Sandwich with Pineapple Coleslaw	6 Noodle Revolution Savory broth over Noodles & Vegetables galore
9 NORTH REGION Buffalo Chicken Dip Roasted Green Beans Tortilla Chips	10 Greek Beef & Tzatziki Sandwich Fresh Roasted Green Beans, Broccoli, & Carrots	11 Chicken Drum Breaded Chicken Drumstick Stick Served with Local Mashed Potato and Corn 	12 Butternut Squash Soup Grilled Cheese Sandwich (Narragansett Creamery Cheese)	13 WEST REGION Southwestern "Breakfast" Taco Egg, Monterey Jack Cheese, Hash Brown, & Black Beans
16 MARTIN LUTHER KING JR. DAY I HAVE A DREAM	17 Pasta Primavera Grilled Chicken & Vegetables in a Light Sauce Garlic twist	18 Vegetarian Bibimbap Roasted Broccoli	19 Eggplant Provolone Panini, Roasted Buffalo Cauliflower	20 Bake Potato Bar Chili, Cheddar Cheese, Bacon Bits, Roasted Broccoli, Caramelized Onions, Sour Cream
23 "Kansas City" Macaroni & Cheese Bar Featuring Kansas City Style Pulled Pork Topping Or BBQ Pulled Chicken Corn Bread Zesty ColeSlaw	24 "Chicago" Build your own Chicago Style Hot Dogs Or Potato & Cheese Pierogi Kale Salad with apples Parmesan Roasted Potato Wedges	25 "Texas" "Build your own" Tex Mex Chicken Taco Salad 2. Vegetarian Chili w Cheddar Cheese Southwest Style Corn & Black Beans	26 "Louisiana" Chicken Jambalaya Cajun Brown Rice Sauteed Collard Green Warm Biscuit	27 "New England" Fish & Chips Crispy Fish Sticks Oven Baked French Fries Tartar sauce Zesty Coleslaw
30 Dumplings Chicken Vegetable Dumplings served with Lucky Fried rice, Sweet and Sour Sauce and Edamame Salad	31 Pork Carnitas topped with Guac, Cheese and Fresh Pico and a side of Elotes Corn		Any questions, please contact the Director of Dining Services, Brian.tweedie@compass-usa.com	



Available daily:
Fresh Baked Pizzas,
Calzones and Flatbreads
Served with Your Choice of Fries, Fresh Hot or Cold Vegetables, Salad, and Fruit

Daily Specials:
Monday – Chicken Alfredo Pizza
Tuesday – Cheeseburger Flatbread
Wednesday – Garlic Chicken Pizza
Thursday – Broccoli & Cheese Pizza
Friday – Meatball Pizza
Cheese & Pepperoni Pizza available Daily

grilled

Available daily:
Hamburger, Cheeseburger, Chicken Patty, Buffalo Chicken Patty
Chicken Tenders or Chicken Nuggets
Served with Your Choice of Fries, Fresh Hot or Cold Vegetables, Salad, and Fruit

Vegetarian Options

Monday – Yogurt Parfait
Tuesday – Roasted Veggie & Cheese Wrap
Wednesday – Grilled Cheese
Thursday – Hummus, Carrots, Celery, Tortilla Chips
Friday – Veggie Burger

ON THE GO

Assorted pre-packaged entrée salads, deli sandwiches, and yogurt parfaits offered with fruits, vegetables and milk.

All items are made with whole grains.
All meals are served with a variety of fruits and vegetables, local when available.
All meals are served with milk (1% low fat white or fat free chocolate).

Menu is subject to change.
This institution is an equal opportunity provider.

Daily Specials may include:
Assorted, Buffalo Chicken Salad, Chicken Caesar Wrap or Salad, Turkey & Cheese Pretzel Roll, Veggie Wrap, Italian Sub