

CTECS LUNCH MENU

August 29 through August 30, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>				<p>Cheeseburger on a Roll Baked French Fries Steamed Green Beans Choice of Fresh Fruit in Season and Chilled Fruit Milk Choice</p>	<p>Fresh Made Pizza! Choice of Mozzarella, Pepperoni or Crispy Chicken Fresh Made Tomato & Cucumber Salad Fresh Made Broccoli Salad Choice of Fresh Fruit in Season and Chilled Fruit Choice of Milk</p>
<p>Daily Meal Deal Choice 2!</p> <p style="text-align: right;">\$3.35</p>				<p>Crispy Chicken Tenders Oven Baked Fries Steamed Green Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Crispy Chicken Patty on a Whole Grain Bun! Fresh Made Tomato & Cucumber Salad Fresh Made Broccoli Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>The Delectable Deli Sandwiches!</p> <p style="text-align: right;">\$3.35</p>				<p><i>Deli Sandwiches and Chef Salads Will Be Available Next Week!</i></p>	<p><i>Deli Sandwiches and Chef Salads Will Be Available Next Week!</i></p>
<p>Salads and Such!</p> <p style="text-align: right;">\$3.35</p> <p><i>Menus subject to change</i></p>				<p><i>Deli Sandwiches and Chef Salads Will Be Available Next Week!</i></p>	<p><i>Deli Sandwiches and Chef Salads Will Be Available Next Week!</i></p>

CTECS LUNCH MENU

September 3 through September 6, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Crispy chicken FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Labor Day!</p>	<p>Spicy Chicken Patty on Roll Fresh Cut Red and Green Pepper Strips Tossed Green Leaf Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>All Beef Chili Dog on Roll Baked Sweet Potato Fries Confetti Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Cheeseburger on a Whole Grain Bun! Refried Beans Mexican Corn Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Pizza! Cheese, Pepperoni or Buffalo Chicken Pizza Fresh Made Tomato & Cucumber Salad Fresh Made Marinated Broccoli Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>Daily Meal Deal Choice 2!</p> <p style="text-align: right;">\$3.35</p>		<p>Whole Grain French Bread Pizza! Choice of Cheese or Pepperoni Fresh Cut Red and Green Pepper Strips Tossed Green Leaf Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Spicy Chicken Patty on a Whole Grain Bun! Baked Sweet Potato Fries Confetti Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Cheeseburger on a Whole Grain Bun! Refried Beans Mexican Corn Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Crispy Chicken Patty on a Whole Grain Bun! Fresh Made Tomato & Cucumber Salad Fresh Made Marinated Broccoli Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>The Delectable Deli!</p> <p style="text-align: right;">\$3.35</p>		<p>Buffalo Chicken in a Whole Grain Tortilla! Lettuce and Tomato Fresh Cut Red and Green Pepper Strips Tossed Green Leaf Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Oven Roasted Deli Turkey with American Cheese On A Whole Grain Kaiser Roll! Lettuce and Tomato Baked Sweet Potato Fries Confetti Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Virginia Baked Ham and American Cheese on a Whole Grain Grinder Roll! Lettuce and Tomato Refried Beans Mexican Corn Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Tuna Salad Sandwich on a Whole Grain Ciabatta Roll! Lettuce and Tomato Fresh Made Tomato & Cucumber Salad Fresh Made Marinated Broccoli Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>Salads and Such!</p> <p style="text-align: right;">\$3.35</p> <p><i>Menus subject to change</i></p>		<p>Buffalo Chicken Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Oven Roasted Turkey & Cheese Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Virginia Baked Ham and Cheese Chef Salad! Whole Grain Dinner Rolls(2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Tuna Salad Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>

CTECS LUNCH MENU

September 9 through September 13, 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Greek Lemon Chicken! Chicken Breast Sauteed in a Delectable Lemon Sauce with Garlic & Spices Whole Grain Dinner Rolls Tuscan White Bean Salad Steamed Carrot Rounds with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken on a Whole Grain Tortilla! Choice of Cheddar Cheese, Lettuce, Tomato and Salsa Spanish Rice BBQ Baked Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Meat Ball Grinder! Meat Balls smothered in a Delectable Marinara Sauce, nestled in a Bakery Fresh Grinder Roll California Mixed Veggies Green Leaf Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Chicken Stir Fry on Fresh Grinder Roll Steamed Oriental Veggies Sweet Potato Waffle Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or Tomato and Basil on a Whole Grain Crust Green Leaf Tossed Garden Salad Fresh Grape Tomatoes Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>Daily Meal Deal Choice 2!</p> <p style="text-align: right;">\$3.35</p>	<p>All Beef Chili Hot Dog on Whole Grain Bun! Tuscan White Bean Salad Steamed Carrot Rounds with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Whole Grain French Bread Pizza! Fresh Baby Carrots BBQ Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Spicy Chicken Patty on Whole Grain Bun! California Mixed Veggies Green Leaf Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Cheeseburger on a Whole Grain Bun! Steamed Oriental Veggies Sweet Potato Waffle Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Crispy Chicken Patty on a Whole Grain Bun! Green Leaf Tossed Garden Salad Fresh Grape Tomatoes with Basil Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>The Delectable Deli!</p> <p style="text-align: right;">\$3.35</p>	<p>Sun Butter and Jelly on a Whole Grain Kaiser Roll! Cheese Stick Tuscan White Bean Salad Steamed Carrot Rounds with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken on a Whole Grain Tortilla! Lettuce and Tomato Fresh Baby Carrots BBQ Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Oven Roasted Deli Turkey and American Cheese On a Whole Grain Kaiser Roll! Lettuce and Tomato California Mixed Veggies Green Leaf Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Virginia Baked Ham and American Cheese on a Whole Grain Grinder Roll! Lettuce and Tomato Steamed Oriental Veggies Sweet Potato Waffle Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Tuna Salad Sandwich on a Whole Grain Ciabatta Roll! Lettuce and Tomato Green Leaf Tossed Garden Salad Fresh Grape Tomatoes Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>Salads and Such!</p> <p style="text-align: right;">\$3.35</p> <p><i>Menus subject to change</i></p>	<p>Popcorn Chicken Chef Salad! Whole Grain Dinner Roll (1) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Oven Roasted Turkey and Cheese Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Virginia Baked Ham and Cheese Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Tuna Salad Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>

CTECS LUNCH MENU

September 16 through September 20, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Freshly Made Turkey Bacon Cheeseburger on a Whole Grain Bun! Baked Crinkle Cut Fries Steamed Broccoli and Garlic Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Brunch For Lunch! Egg, Ham, and Cheese on a Whole Grain Ciabatta Roll! Fresh Made Home Fries Honey Glazed Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Sloppy Joe on a Whole Grain Bun! Chili Roasted Sweet Potatoes Golden Seasoned Corn Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Chicken Fajita over Cilantro Lime Rice! With Peppers, Onions, and Salsa Fiesta Red Beans Fresh Baby Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or Turkey Bacon on a Whole Grain Crust Green Leaf Tossed Garden Salad Marinated Broccoli Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>Daily Meal Deal Choice 2!</p> <p style="text-align: right;">\$3.35</p>	<p>All Beef Hot Dog on Whole Grain Bun! Baked Crinkle Cut Fries Steamed Broccoli and Garlic Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Whole Grain French Bread Pizza! Fresh Made Home Fries Honey Glazed Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Spicy Chicken Patty on a Whole Grain Bun! Chili Roasted Sweet Potatoes Golden Seasoned Corn Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Cheeseburger on a Whole Grain Bun! Fiesta Red Beans Fresh Baby Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Crispy Chicken Patty on a Whole Grain Bun! Green Leaf Tossed Garden Salad Marinated Broccoli Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>The Delectable Deli!</p> <p style="text-align: right;">\$3.35</p>	<p>Sun Butter and Jelly on Whole Grain Kaiser Roll! Cheese Stick Baked Crinkle Cut Fries Steamed Broccoli and Garlic Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken on a Whole Grain Tortilla Wrap! Lettuce and Tomato Fresh Made Home Fries Honey Glazed Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Oven Roasted Deli Turkey With American Cheese On A Whole Grain Kaiser Roll! Lettuce and Tomato Chili Roasted Sweet Potatoes Golden Seasoned Corn Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Virginia Baked Ham and American Cheese on a Whole Grain Grinder Roll! Lettuce and Tomato Fiesta Red Beans Fresh Baby Carrots with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Tuna Salad Sandwich on a Whole Grain Ciabatta Roll! Lettuce and Tomato Green Leaf Tossed Garden Salad Marinated Broccoli Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>Salads and Such!</p> <p style="text-align: right;">\$3.35</p> <p><i>Menus subject to change</i></p>	<p>Popcorn Chicken Chef Salad! Whole Grain Dinner Roll (1) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Oven Roasted Turkey and Cheese Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Virginia Baked Ham and Cheese Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Tuna Salad Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>

CTECS LUNCH MENU

September 23 through September 27, 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Philly Style Steak Sandwich with Cheese, Peppers and Onions Baked Potato Wedges Fresh Made Green Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Pasta with Meat Sauce! Green Leaf Tossed Garden Salad Tuscan White Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>District Professional Development Day No School</p>	<p>Brunch For Lunch! Golden French Toast Sticks! With Syrup Turkey Sausage Patty (2) Home Fried Potatoes Fresh Grape Tomatoes With Basil Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or Buffalo Chicken Pizza on a Whole Grain Crust Green Leaf Tossed Garden Salad Fresh Cut Celery Sticks Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>Daily Meal Deal Choice 2!</p> <p style="text-align: right;">\$3.35</p>	<p>All Beef Hot Dog on a Whole Grain Bun! Baked Potato Wedges Fresh Made Green Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Whole Grain French Bread Pizza! Green Leaf Tossed Garden Salad Tuscan White Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>District Professional Development Day No School</p>	<p>Fresh Made Cheeseburger on a Whole Grain Bun! Home Fried Potatoes Fresh Grape Tomatoes With Basil Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Crispy Chicken Patty on a Whole Grain Bun! Green Leaf Tossed Garden Salad Fresh Cut Celery Sticks Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>The Delectable Deli!</p> <p style="text-align: right;">\$3.35</p>	<p>Sun Butter and Jelly on Whole Grain Kaiser Roll! Cheese Stick Baked Potato Wedges Fresh Made Green Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken on a Whole Grain Tortilla! Lettuce and Tomato Green Leaf Tossed Garden Salad Tuscan White Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>District Professional Development Day No School</p>	<p>Virginia Baked Ham and American Cheese on a Whole Grain Grinder Roll! Lettuce and Tomato Home Fried Potatoes Fresh Grape Tomatoes With Basil Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Tuna Salad Sandwich on Whole Grain Ciabatta Roll! Lettuce and Tomato Green Leaf Tossed Garden Salad Fresh Cut Celery Sticks Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>Salads and Such!</p> <p style="text-align: right;">\$3.35</p> <p><i>Menus subject to change</i></p>	<p>Popcorn Chicken Chef Salad! Whole Grain Dinner Roll (1) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>District Professional Development Day No School</p>	<p>Virginia Baked Ham and Cheese Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Tuna Salad Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>

CTECS LUNCH MENU

September 30 through October 4, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>MEAL DEALS!</i> <i>Complete Meals</i></p> <p style="text-align: right;">\$3.35</p>	<p>Chicken Parm on Ciabatta Roll Garlic Green Beans Cucumber & Tomato Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Cheesy Bread Bites with Marinara Sauce Steamed Broccoli Green Leaf Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Sloppy Joe on Whole Grain Roll Home Fried Potatoes Raw Baby Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Beef and Cheese Nachos Lime Cilantro Rice Cuban Black Beans Kernel Corn Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Freshly Made Pizza on Whole Grain Crust with Choice of Mozzarella, Pepperoni or Grilled Chicken Green Leaf Tossed Garden Salad Oven Roasted Zucchini Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p><i>Daily Meal Deal Choice 2!</i></p> <p style="text-align: right;">\$3.35</p>	<p>All Beef Hot Dog on Whole Grain Bun Garlic Green Beans Cucumber & Tomato Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Whole Grain French Bread Pizza! Steamed Broccoli Green Leaf Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Freshly Made Spicy Chicken on Whole Grain Bun! Home Fried Potatoes Raw Baby Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Freshly Made Cheeseburger on Whole Grain Bun Cuban Black Beans Kernel Corn Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Crispy Chicken Patty on Whole Grain Bun Green Leaf Tossed Garden Salad Oven Roasted Zucchini Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p><i>The Delectable Deli!</i></p> <p style="text-align: right;">\$3.35</p>	<p>Peanut Butter OR Sunbutter and Jelly on Whole Grain Kaiser Roll with String Cheese Stick Garlic Green Beans Cucumber & Tomato Salad Served with Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken on Whole Grain Tortilla Wrap with Lettuce and Tomato Steamed Broccoli Green Leaf Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Oven Roasted Deli Turkey With American Cheese On A Kaiser Roll with Lettuce and Tomato Home Fried Potatoes Raw Baby Carrots Served with Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Virginia Baked Ham and American Cheese on A Whole Grain Grinder Roll with Lettuce and Tomato Cuban Black Beans Kernel Corn Served with Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Tuna Salad Sandwich on Whole Grain Ciabatta Roll with Lettuce and Tomato Green Leaf Tossed Oven Roasted Zucchini Served with Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p><i>Salads and Such!</i></p> <p style="text-align: right;">\$3.35</p> <p><i>Menus subject to change</i></p>	<p>Popcorn Chicken Chef Salad with Whole Grain Dinner Roll (1) Choice of Dressing Served with Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken Chef Salad with Whole Grain Dinner Roll (2) Choice of Dressing Served with Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Oven Roasted Turkey and Cheese Chef Salad with Whole Grain Dinner Roll (2) Choice of Dressing Served with Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Virginia Baked Ham and Cheese Chef Salad with Whole Grain Dinner Roll (2) Choice of Dressing Served with Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Tuna Salad Chef Salad with Whole Grain Dinner Roll (2) Choice of Dressing Served with Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>