

Coloma Community Schools Jr. High School Lunch Menu

Feb. 1-3, 2012

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, 1% white, and skim chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>			BACKYARD BBO BOWL: Fresh Roasted Southern Style BBO Pork Cinnamon Sweet Potatoes Seasoned Green Beans Fresh Baked Biscuit Honey BBQ Sauce Chopped Green Onion	SAUCY CHICKEN BOWL: Pineapple Glazed Chicken Mashed Potatoes Seasoned Mixed Veggies Whole Grain Dinner Roll Pineapple Glaze Honey BBQ Sauce Green Parsley	SIZZLING TACO SALAD BOWL: Spicy Taco Meat Whole Grain Tortilla Shell Rounds Mexican Corn Warm Baked Apple Slices Cinnamon Breadstick Homemade Creamy Cilantro Lime Dressing Fresh Roasted Tomato Salsa
<p>Unique hand held hot sandwiches and finger food combo's rule here!</p>			Turkey & Cheese Bagel Melt Jalapeno Turkey Burger on Whole Wheat Bun Cinnamon Sweet Potatoes Fresh Romaine Lettuce & Tomato	Fish Sandwich with Cheese on a Whole Wheat Bun (Sustainable Seafood) Breaded Spicy Chicken Sandwich on Whole Wheat Bun Mixed Veggies Fresh Romaine Lettuce & Tomato	Chicken Parmesan Wrap Grilled Turkey and Cheese on Whole Wheat Bread Warm Baked Apple Slices Fresh Romaine Lettuce & Tomato
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Fresh Baked Daily</p>			Italian Chicken Hot Croissant	Pepperoni Pizza on Whole Grain Crust	Chicken Florentine Flatbread
<p>Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad</p>			Made to Order SALAD Bar Special: Buffalo Style Chicken Salad and Homemade Ranch Dressing	Made to Order SANDWICH Bar Special: Peanut Butter and Apple Whole Wheat Roll Ups	Made to Order SANDWICH Bar Special: Turkey & Swiss Ciabatta w /Dijon Mustard
<p>Fresh Food Fast-Packaged for Grab N' Go</p>			Breaded Chicken Caesar Salad w/ Croutons Buffalo Style Chicken Salad w/ Toasted Flatbreads & Homemade Ranch Dressing Santa Fe Turkey and Cheddar Wrap Fruit Yogurt Parfait w/ Granola Topping	Catalina Turkey Club Salad w/ Crackers Peanut Butter and Apple Whole Wheat Roll Ups Italian Hero Fruit Yogurt Parfait w/ Granola Topping	Deli Chef Salad w/ Crackers Turkey and Swiss Ciabatta w/Dijon Mustard Buffalo Chicken Wrap Fruit Yogurt Parfait w/ Granola Topping
<p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available Veggie Pasta Salad Available Daily</p>			Tossed Salad w/Light Dressing Fresh Local Apples Chilled Pears Vegetable Pasta Salad	Spinach Romaine Salad w/Strawberries Chilled Fruit Crisp Fresh Bananas Carrot Sticks	Tossed Salad w/ Light Dressing Fresh Orange Wedges Vegetable Pasta Salad Crunchy Spinach Salad



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(Menu subject to change)

Shelley Mazigian

Director of Dining Services







(269) 468-2598 <http://ccs.coloma.org>

Coloma Community Schools Jr. High School Lunch Menu

Feb. 6-10, 2012

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, 1% white, and skim chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	NORTHEAST ASIAN RICE BOWL: Korean Braised Ribbies Steamed Brown Rice Fresh Carrots & Onions Bok Choy with Garlic and Ginger Crunchy Asian Topping Garlic Sesame Sauce Fresh Chopped Green Onion	MASHED POTATO BOWL: Breaded Popcorn Chicken Mashed Potatoes Seasoned Corn Roasted Carrot Fries WG Bread Slick Homemade Chicken Gravy Fresh Shredded Carrot	NACHO BOWL: Spicy Turkey Taco Meat Whole Grain Corn Tortilla Shell Rounds Corn & Black Bean Salad Cinnamon Breadstick Homemade Cheese Sauce	AMERICAN DINER BOWL: Roast Turkey w/ Gravy Bread Stuffing Made w/ Whole Wheat Mashed Sweet Potatoes Seasoned Green Beans Whole Grain Dinner Roll Homemade Turkey Gravy Cranberry Sauce	ITALIAN PASTA BOWL: Saucy Italian Meatballs Curly Rotini Pasta Fresh Steamed Veggie Medley Toasted Whole Grain Garlic Bun Red Marinara Sauce Roma Herb Seasoning Blend
 Unique hand held hot sandwiches and finger food combo's rule here!	Hot Chili Burger w/ Monterey Jack Breaded Chicken Sandwich on WW Bun Broccoli w/ Shredded Cheese Fresh Romaine Lettuce & Tomato	Whole Grain Breaded Chicken Corn Dog Nuggets w/ Biscuit Roast Beef and Cheese Wrap Roasted Carrot Fries Fresh Romaine Lettuce & Tomato	Pizza Burger on a Whole Wheat Bun Chicken Snack Wrap Baked Potato Fresh Romaine Lettuce & Tomato	Breaded Chicken Parm Sandwich Country Skillet Breakfast Wrap Green Beans Fresh Romaine Lettuce & Tomato	Thanksgiving Wrap Cheese Quesadilla with Yogurt Salsa Steamed Veggie Medley Fresh Romaine Lettuce & Tomato
 Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Fresh Baked Daily	Pepperoni Pizza on Whole Grain Crust	Chicken Tostado Flatbread	Cheese Finger Rip & Dips w/ Tomato Dipping Sauce	Pepperoni Pizza on Whole Grain Crust	Ham & cheese Stromboli
 Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Sweet Corn Salad	Made to Order SANDWICH Bar Special: Chicken Caesar Wrap	Made to Order SANDWICH Bar Special: Parisian Ham & Cheese Wrap	Made to Order SALAD Bar Special: Popcorn Chicken Salad w/Homemade Spicy Dressing	Made to Order SANDWICH Bar Special: Roast Beef and Swiss on Whole Wheat Bagel with Cajun mayo	Made to Order SANDWICH Bar Special: Santa Fe Turkey & Cheddar Wrap
 Fresh Food Fast-Packaged for Grab N' Go	Deli Chef Salad w/ Crackers Chicken Caesar Wrap Ham & Cheese on a Kaiser roll Fruit Yogurt Parfait w/ Granola Topping	Cobb Salad w/ Crackers Parisian Ham & Cheese Wrap Toasted Whole Wheat Bagel with Fresh Veggies and Hummus Fruit Yogurt Parfait w/ Granola Topping	Popcorn Chicken Salad w/Homemade Spicy Dressing Turkey Club Wrap Italian Hero Fruit Yogurt Parfait w/ Granola Topping	Chicken Caesar Salad w/ Croutons Roast Beef and Swiss on Whole Wheat Bagel with Cajun mayo Buffalo Chicken Salad Wrap Fruit Yogurt Parfait w/ Granola Topping	Garden Cheese Salad with Crackers Santa Fe Turkey & Cheddar Wrap Honey Mustard Chicken Pasta Salad Fruit Yogurt Parfait w/ Granola Topping
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Sweet Corn Salad Romaine Tossed Salad Chilled Mixed Fruit Fresh Orange Wedges	Celery Sticks Carrot Sticks Sweet Chewy Raisins Fresh Pear	Sweet Corn Salad Caesar Romaine Side Salad w/ Croutons Fresh Local Apples Chilled Peaches	Corn & Black Bean Salad Tossed Salad w/ Light Dressing Petite Bananas Chilled Mixed Fruit	Sweet Corn Salad Carrot Sticks Tossed Salad w/ Light Dressing Cinnamon Applesauce



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Coloma Community Schools Jr. High School Lunch Menu

Feb 13-17, 2012

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, 1% white, and skim chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	WET BURRITO BOWL: Beef & Bean Chili Fiesta Rice Golden Corn Shredded Lettuce & Diced Tomato Whole Wheat Flour Tortilla Fresh Homemade Salsa Shredded Cheddar	MEDITERRANEAN BOWL: Tarragon Marinated Chicken Brown Veggie Rice Roasted Italian Vegetables Warm Whole Wheat Pita Bread Homemade Taziki Sauce Chopped Green Onion	FAJITA BOWL: Fajita Chicken Cilantro Lime Chips Black Beans Roasted Bell Peppers & Onions Whole Grain Tortilla Shredded Cheddar Chopped Cilantro	MOM'S MASHED POTATO BOWL: Herb Roasted Chicken Baked Sweet Potato Fresh Glazed Carrots Sweet Peas Whole Wheat Toasted Garlic Bun Homemade Chicken Gravy Fresh Parsley	BRUNCH FOR LUNCH BOWL: Scrambled Eggs, Crumbled Sausage Herb Roasted Potatoes Fresh Orange Wedges Warm Baked Apple Slices Whole Wheat Pancake Warm Syrup Shredded Cheddar
 <p>Unique hand held hot sandwiches and finger food combo's rule here!</p>	Whole Grain Chicken Nuggets Lean Beef Burger with Cheese Golden Corn Fresh Romaine Lettuce & Tomato	Philly Cheese Steak on a Roll Grilled Teriyaki Turkey Sandwich on Kaiser Fruit Crisp Fresh Romaine Lettuce & Tomato	Alpine Swiss Burger Triple Decker Toasted Cheese on Whole Wheat Roma Herb Potato Wedges Fresh Romaine Lettuce & Tomato	Breaded Popcorn Chicken w/ Toasted Garlic Bun Ham and American Cheese Breakfast Flatbread Fold Sweet Peas Fresh Romaine & Tomato	Greek Whole Grain Breaded Chicken Sandwich on a Whole Grain Bun Meatball Parmesan Pizza Warp Warm Baked Apple Slices Fresh Romaine Lettuce & Tomato
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Fresh Baked Daily</p>	Pepperoni Pizza on Whole Grain Crust	Whole Grain Pizza Dunkers w/ Shredded Cheese & Tomato Dipping Sauce	Cheese Fingers Rip and Dip w/ Tomato Dipping Sauce	Ham & Cheese Hot Pocket w/ Tomato Dipping Sauce	Margherita Flatbread
 <p>Cold Sandwiches & Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Green Goddess Pasta Salad</p>	Made to Order SANDWICH Bar Special: Ham and Cheese Sub	Made to Order SANDWICH Bar Special: Buffalo Chicken Salad on Whole Wheat	Made to Order SALAD Bar Special: Monterey Ranch Chicken Salad w/ Homemade Ranch Dressing & Toasted Flatbreads	Made to Order SANDWICH Bar Special: Roast Beef & Swiss on WG Sub Bun w/ Golden Honey Mustard	Made to Order SANDWICH Bar Special: Santa Fe Turkey and Cheddar Wrap
 <p>Fresh Food Fast-Packaged for Grab N' Go</p>	Garden Cheese Salad w/ Crackers Mediterranean Sandwich w/ Hummus & Feta on Whole Wheat w/ Green Goddess Pasta Salad Cottage Cheese, Crackers, & Fruit Combo Fruit Yogurt Parfait w/ Granola Topping	Wild Greens Antipasto Salad w/ Dinner Roll Buffalo Chicken Salad on a Whole Wheat Bagel Chicken Caesar Wrap Fruit Yogurt Parfait w/ Granola Topping	Breaded Chicken Caesar Salad w/ Croutons Monterey Ranch Chicken Salad w/ Homemade Ranch Dressing Turkey Club Bagel Sandwich Fruit Yogurt Parfait w/ Granola Topping	Catalina Turkey Club Salad w/ Crackers Roast Beef & Swiss on WG Sub Bun w/ Golden Honey Mustard Ham & Cheese on a Kaiser Roll Fruit Yogurt Parfait w/ Granola Topping	Chunky Tuna Salad w/ Crackers Santa Fe Turkey and Cheddar Wrap Italian Hero Fruit Yogurt Parfait w/ Granola Topping
 <p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	Petite Banana Green Goddess Pasta Salad Chilled Mixed Fruit Mandarin Oranges	Fresh Local Apples Crunchy Spinach Salad Chilled Peaches Fruit Crisp	Chilled Pineapples Fruit Goop Carrot Sticks Sweet Chewy Raisins	Caesar Romaine Salad w/ Croutons Chilled Pears Fresh Local Apple Salad Green Goddess Pasta Salad	Chilled Cinnamon Applesauce Fresh Orange Wedges Tossed Salad w/ Light Dressing Pear Raisin Salad



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Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>		FIESTA POTATO BOWL: Spicy Mexican Beef Whole Baked Potato Steamed Broccoli Cuts Southwest Corn & Black Bean Salad Homemade Corn Bread or Whole Grain Dinner Roll Homemade Cheddar Cheese Sauce Fresh Shredded Carrot	AMERICAN DINER BOWL: Meat Loaf Mashed Potatoes Seasoned Green Beans Seasoned Mixed Veggies Whole Grain Dinner Roll Homemade Brown Gravy Green Parsley Flakes	CAJUN RICE BOWL: Savory Crumbled Sausage, Diced Ham Cajun Brown Rice Warm Baked Apple Slices Fresh Baked Biscuit Spicy Tomato Sauce Fresh Chopped Green Onion	ITALIAN PASTA BOWL: Italian Marinated Chicken Fettuccini Roasted Italian Vegetables Made w/ Fresh Locally Grown Zucchini & Green Peppers Garlic Twist Creamy Roasted Garlic Sauce or Red Marinara Sauce Roma Herb Seasoning Blend
 <p>Unique hand held hot sandwiches and finger food combo's rule here!</p>		Breaded Chicken Tenders with Biscuit Lean Beef Burger with Cheese Roma Herb Potato Wedges Fresh Romaine Lettuce & Tomato	BLT Burger on Whole Wheat Bun Spicy Chicken Sandwich on Whole Wheat Bun Seasoned Mixed Veggies Fresh Romaine Lettuce & Tomato	BBQ Chicken on a Whole Wheat Bun Grilled turkey Club Sandwich on Whole Wheat Warm Baked Apple Slices Fresh Romaine Lettuce & Tomato	Chicken Parmesan Wrap Southern BBQ Meatloaf Sandwich Roasted Italian Vegetables Fresh Romaine Lettuce & Tomato
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Fresh Baked Daily</p>		Chicken Florentine Flatbread	Cheese Stuffed Breadsticks with Dipping Sauce	Ham & Cheese Hot Pocket w/ Tomato Dipping Sauce	BBQ Chicken Pizza on Whole Grain Crust
 <p>Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Buttermilk Coleslaw Made w/ Fresh Locally Grown Cabbage</p>		Made to Order SANDWICH Bar Special: Parisian Ham & Cheese Wrap	Made to Order SANDWICH Bar Special: Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo	Made to Order SALAD Bar Special: Mandarin Orange Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing & Crackers	Made to Order SANDWICH Bar Special: Classic Chicken Salad Wrap
 <p>Fresh Food Fast-Packaged for Grab N' Go</p>		Cobb Salad w/ Crackers Parisian Ham & Cheese Wrap Chicken Caesar Wrap Fruit Yogurt Parfait w/ Granola Topping	Breaded Chicken Caesar Salad w/ Crackers Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo Italian Hero Fruit Yogurt Parfait w/ Granola Topping	Mandarin Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing Turkey Club Wrap Buffalo Chicken Salad Wrap Fruit Yogurt Parfait w/ Granola Topping	Crispy Chicken Popper Salad w/ Crackers Grilled Chicken and Roasted Vegetables on a Kaiser Roll Made w/ Fresh Locally Grown Zucchini & Green Peppers on a Kaiser Roll w/ Homemade Macaroni Salad Classic Chicken Salad Wrap Fruit Yogurt Parfait w/ Granola Topping
 <p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>		Caesar Romaine Side Salad w/ Croutons Southwest Corn & Black Bean Salad Fresh Local Apples Chilled Peaches	Homemade Coleslaw Tossed Salad w/ Light Dressing Fruit Crisp Chilled Mandarin Oranges	Marinated Tomato & Cucumber Salad Made w/ Locally Grown Cucumbers & Tomatoes Tossed Salad w/ Light Dressing Chilled Pineapples Fresh Banana	Homemade Coleslaw Carrot Sticks Fruit Crisp Chilled Applesauce



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Coloma Community Schools Jr. High School Lunch Menu

Feb. 27-March 2, 2012

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, 1% white, and skim chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	SWEET N SOUR CHICKEN BOWL: Popcorn Chicken Oriental Fried Rice Roasted Red and Green Bell Peppers Stir Fry Vegetables Crunchy Asian Topping Whole Grain Dinner Roll Sweet N Sour Sauce Fresh Chopped Green Onion	ITALIAN PASTA BOWL: Bow Tie Pasta Shredded Part Skim Mozzarella Steamed Broccoli Whole Wheat Toasted Garlic Bun Red Marinara Sauce with Meatballs Creamy Roasted Garlic Sauce Roma Herb Seasoning Blend	LATIN AMERICAN ROAST PORK BOWL: Puerto Rican Citrus Pork Rice & Beans Tossed Salad w/ Light Dressing Seasoned Green Beans Spicy Lime Whole Wheat Tortilla Chips Salsa Orange Slice	ORANGE GINGER CHICKEN BOWL: Popcorn Chicken Steamed Brown Rice Fresh Steamed Broccoli Fresh Stir Fry Vegetables Sesame Breadstick Homemade Orange Ginger Sauce Chopped Green Onion	CHICKEN PARM BOWL: Breaded Chicken Cutlet Seasoned Pasta Seasoned Mixed Veggies Roasted Italian Butternut Squash Fresh Baked Breadstick Red Marinara Sauce Shredded Part Skim Mozzarella
 Unique hand held hot sandwiches and finger food combo's rule here!	Buffalo Chicken Slyders Lean Beef Burger with Cheese on Whole Wheat Bun Roma Herb Potato Wedges Fresh Romaine Lettuce & Tomato	Jalapeno Turke Burger on Whole Wheat Bun Stromboli Grinder Steamed Broccoli Fresh Romaine Lettuce & Tomato	Breaded Chicken Tenders w/ Biscuit Pulled Pork on Whole Wheat Bun Green Beans Fresh Romaine Lettuce & Tomato	Salsa Chicken Wrap Grilled BBQ Chicken on Whole Wheat Bun Fresh Broccoli w/ Shredded Cheese Fresh Romaine Lettuce & Tomato	Cheese Steak Sandwich Roast Turkey Pita Pocket Roma Herb Potato Wedges Fresh Romaine Lettuce & Tomato
 Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Fresh Baked Daily	Pepperoni Pizza on Whole Grain Crust	Cheeseburger Flatbread	Italian Stromboli w/ Tomato Dipping Sauce	Hawaiian Pizza on Whole Grain Crust	Cheese Fingers Rip & Dip
 Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Fruit Goop	Made to Order SANDWICH Bar Special: Chicken Caesar Wrap	Made to Order SANDWICH Bar Special: Santa Fe Turkey and Cheddar Wrap	Made to Order SANDWICH Bar Special: Classic Chicken Salad on Whole Wheat w/ Lettuce & Tomato	Made to Order SANDWICH Bar Special: Roast Beef Wrap w/ Golden Honey Mustard	Made to Order SALAD Bar Special: Asian Six Treasure Chicken Salad w/ Homemade Sweet N Sour Dressing & Whole Wheat Roll
 Fresh Food Fast-Packaged for Grab N' Go	Garden Cheese Salad w/ Crackers Chicken Caesar Wrap w/ Homemade Macaroni Salad Tuna Salad Wrap Fruit Yogurt Parfait w/ Granola Topping	Chunky Tuna Salad w/ Crackers Santa Fe Turkey and Cheddar Wrap Italian Hero Fruit Yogurt Parfait w/ Granola Topping	Catalina Turkey Club Salad w/ Crackers Classic Chicken Salad on Whole Wheat w/ Lettuce & Tomato Little Italy Wrap Fruit Yogurt Parfait w/ Granola Topping	Crispy Chicken Popper Salad w/ Crackers Roast Beef Wrap w/ Golden Honey Mustard Cottage Cheese, Crackers, & Fruit Combo Fruit Yogurt Parfait w/ Granola Topping	Breaded Chicken Caesar Salad w/ Whole Wheat Dinner Roll Asian Six Treasure Chicken Salad w/ Homemade Sweet N Sour Dressing & Whole Wheat Roll Turkey Club Bagel Sandwich Fruit Yogurt Parfait w/ Granola Topping
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Fruit Goop Crunchy Spinach Salad Chilled Pears Fresh Orange Wedges	Carrot Sticks Homemade Coleslaw Fruit Goop Chilled Mixed Fruit	Tossed Salad w/ Light Dressing Petite Bananas Chilled Applesauce Carrot Sticks	Caesar Romaine Side Salad w/ Croutons Chilled Pineapple Veggie Crudites Cup Fruit Goop	Fresh Apple Apple Salad Made w/ Fresh Local Apples Caesar Romaine Side Salad w/ Croutons Celery Sticks



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