

FSD 145 Middle School / High School
January Lunch Box Menu Descriptions

Week One:

Taco Salad

Shredded Romaine Lettuce with Turkey Taco Meat, Diced Tomatoes, Shredded Cheddar Cheese, Salsa, Sour Cream and WG Tortilla Chips

BLT Sandwich

WG Ciabatta with Sliced Tomato, Shredded Romaine Lettuce, Turkey Bacon and Mayo

Week Two:

Chicken Caesar Salad

Shredded Romaine Lettuce with Diced Chicken, Parmesan Cheese, Croutons and Caesar Dressing
Served with a WG Garlic Parmesan Breadstick

Build your own Pizza

WG Panini Triangles served with Marinara sauce and Shredded Mozzarella Cheese

Week Three:

Italian Salad

Shredded Romaine Lettuce with Mozzarella Cheese, Sliced Black Olives, Pepperoni, Banana Peppers and Italian Dressing
Served with a Garlic Parmesan Breadstick

Turkey Ciabatta

WG Ciabatta with Sliced Turkey, Shredded Romaine, Sliced Tomatoes, Shredded Mozzarella Cheese and a Balsamic Vinaigrette

Week Four:

Cobb Salad

Romaine Lettuce with Diced Turkey Bacon, Shredded Cheddar Cheese, Diced Tomatoes, Cucumbers and Egg with Ranch Dressing
Served with a Garlic Parmesan Breadstick

Chicken Salad Sandwich

Chicken Salad with Shredded Romaine Lettuce, Cranberries and Grapes served on a WG Ciabatta

Week Five:

BLT Salad

Shredded Romaine Lettuce with Mozzarella Cheese, Diced Turkey Bacon, Cherry Tomatoes and Ranch Dressing
Served with a Garlic Parmesan Breadstick

Cuban Style Panini

WG Panini with Sliced Deli Ham and Turkey with Mozzarella Cheese and Yellow Mustard