

Thought



Scholastic Services

A Division of Food For Thought

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## *Sample Lunch Menu*

### **All-Time Favorite Crispy Chicken Tenders and Tater Tots**

Served with Ketchup

### **Melted Cheese Quesadilla**

Served with Salsa

### **Brain Fuel Hamburger**

Served on a Whole Wheat Roll with Ketchup and Mustard

### **FFT's Cheesy Pizzeria Pizza**

### **Turkey, Cheese and Lettuce Pinwheel**

Thinly-Sliced Honey-Roasted Turkey and Cheese Spread with Crisp Lettuce

### **Grandma's Favorite Whole Wheat Penne Pasta with Butter**

Served with Marinara Sauce and Parmesan Cheese on the side

### **A+ Mixed Green Salad with Grilled Chicken Breast**

Romaine and Ice Berg Lettuce, Tomatoes, Cucumbers and Croutons

Served with Ranch Dressing on the side

### **Energy Charged Caesar Salad with Grilled Chicken Breast**

Served with Caesar Dressing on the side

#### **Sides**

Seasonal Fresh Fruit Cup

Yogurt

Seasonal Vegetables with Dip

Applesauce

Whole Apple

#### **Desserts**

Rice Krispies Treats

Chocolate Chip Cookies

M&M Cookies

Brownies

Mini-Dessert Bites