

Troy High and Athens September 2017



Real Meal Deals Starting at \$2.65-\$4.00
 *Includes 1 Entrée, Fruit & Vegetable Side & Milk
 *Combo Includes 1 Entrée, Fruit & Veg Side, a Milk & Fries
 for an Additional \$1.00.



A variety of sandwiches, subs, wraps and salads available daily.
 *Mindful Options Available in the Grab and Go Coolers
 \$2.65-\$4.00

PIZZA
 \$2.65

EVERYDAY CHOICES
 Cheese & Pepperoni Pizza
 See menu for daily specials



\$2.65—\$3.25

EVERYDAY CHOICES

Hamburger, Cheeseburger, Spicy or Crispy
 Chicken Sandwich, Chicken Nuggets or Tenders
 Bosco Sticks Available Tuesday or Thursday
 See menu for daily specials



\$4.00

EVERYDAY CHOICES

Build Your Own Deli: A variety of deli meats,
 cheese, fresh vegetables, breads,
 wraps & sauces available daily

Sides are offered with all meals including low-fat or
 fat-free milk and fresh fruits and Vegetables. See
 menu for daily hot vegetable featured at Creations.



Mindful Means...

A new commitment to wellness. Mindful delivers satisfying portions that meet
 specific nutrition guidelines while maximizing the amount of fiber and other
 essential nutrients. Look for the Mindful logo to find our NEW Mindful
 creations available on the menu

- CROSS ROADS CAFE
- CREATIONS
- SIDES
- GRILL
- PIZZA
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- GRILL
- PIZZA

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
		Pasta Bar	Beef & Cheese Nachos OR Beef Tacos	French Toast Sticks w. Turkey Sausage
Labor Day	Students Attend	California Blend Vegetables	Roasted Italian Vegetables	Baked Cinnamon Apples
No School	AM Only	Meatball Sub OR Grilled Cheese	Hot Dog OR Garden Burger	Cuban Chicken Sandwich OR Black Bean Burger
		Buffalo Chicken Pizza	Meatball Calzone	Meat Lover's Pizza
11	12	13	14	15
Sweet & Sour Chicken w. Brown Rice	Beef & Cheese Nachos OR Chicken Enchiladas	Pulled Pork with Dinner Roll	Tuscan Grilled Chicken Sandwich	Cheese Ravioli OR Pasta Bar
Steamed Broccoli	Refried Beans	Steamed Green Beans	California Blend Vegetables	Roasted Italian Vegetables
Philly Steak and Cheese OR Black Bean Burger	Chicken Parm Sandwich OR Gardenburger	Pulled Pork Sandwich OR Grilled Cheese	Bacon Cheeseburger OR Gardenburger	Chicken Cordon Blue or Black Bean Burger
BBQ Chicken Pizza	Margherita Pizza	Veggie Pizza	Sausage Pizza	Hawaiian Pizza
18	19	20	21	22
General Tso's Chicken w. Brown Rice	Beefy Mac with Dinner Roll	French Bread Pizza	Chicken Fajitas OR Beef & Cheese Nachos	Pasta Pronto: Pasta Bar
Ginger Carrots	Steamed Green Beans	Aztec Corn	Refried Beans	Steamed Broccoli
Monterey Black Bean Burger	Grilled Ham & Cheese Sandwich OR Gardenburger	Meatball Sub OR Grilled Cheese	Hot Dog OR Garden Burger	Cuban Chicken Sandwich or Black Bean Burger
Buffalo Chicken Pizza	Sausage Pizza	Supreme Pizza	Chicken Florentine Pizza	BBQ Chicken Flat Bread
25	26	27	28	29
Orange Chicken with Fried Rice	Broccoli Chicken Alfredo with Dinner Roll	Chicken Drumstick with Dinner Roll	Stuffed Baked Potato with Dinner Roll	Beef & Cheese Nachos & OR Cheese Quesadilla
Oriental Vegetables	Steamed Broccoli	Mashed Potatoes & Gravy	Roasted Italian Vegetables	Refried Beans
Philly Steak and Cheese OR Black Bean Burger	Chicken Parm Sandwich OR Gardenburger	Pulled Pork Sandwich OR Grilled Cheese	Bacon Cheeseburger OR Gardenburger	Honey BBQ Chicken Sandwich
Taco Pizza	Margherita Pizza	Bruschetta Pizza	Sausage Pizza	Chicken Bacon Ranch Pizza