



CARLISLE AREA SECONDARY LUNCH - MAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

BRAVO! **express** Asian Bar! Noodle Bowl, Fried Rice Bar, Sweet and Sour Chicken, Beef & Broccoli, Curry Bar

5

6

7

GRILL DAY
Crispy Chicken Sliders
FEATURED VEGGIES
Waffle Fries
Homemade Potato Salad
Choice of Fruit
Choice of Milk

Meatball Grinder
FEATURED VEGGIES
Sweet Potatoes
Baby Carrots
Choice of Fruit
Choice of Milk

BRAVO! **express** Texas Smokehouse! Dry Rubbed BBQ Chicken, Smoked Sausage, Pork, Spiced Wings. Choice of Texas Toast, Garlic Knot, and a variety of BBQ sauces

Happy Cinco De Mayo!
Birria Philly
Cheese Steak
FEATURED VEGGIES
Mexican Corn
Pico De Gallo
Choice of Fruit
Choice of Milk

Chicken Bruschetta Sandwich on Toasted Rosemary Focaccia
FEATURED VEGGIES
Roasted BBQ Cauliflower
Fresh Bruschetta
Choice of Fruit
Choice of Milk

Buffalo Chicken Dip Over Tortilla Chips
FEATURED VEGGIES
Rachero Carrots
Chick Pea Salad
Choice of Fruit
Choice of Milk

GRILL DAY
Burger Bar!
FEATURED VEGGIES
Crinkle Cut Oven Fries
Roasted Peppers & Onions
Choice of Fruit
Choice of Milk

Bison Herd
Chicken Bowl w/ Dinner Roll
FEATURED VEGGIES
Mashed Potatoes
Steamed Corn
Choice of Fruit
Choice of Milk

BRAVO! **express** Global Kitchen! Meatball Bowl, Tikka Masala, Shawarma Bar, Butter Chicken/Tofu, Beef & Broccoli

Cheesy Breadsticks
FEATURED VEGGIES
Honey Cin Sweet Potatoes
Marinara Sauce
Choice of Fruit
Choice of Milk

Penne Marinara w/ Meatballs
Garlic Toast
FEATURED VEGGIES
Mixed Vegetables
Baby Carrots
Choice of Fruit
Choice of Milk

Hot Ham & Cheese Pretzel Roll
FEATURED VEGGIES
Roasted Cauliflower
Cherry Tomatoes
Choice of Fruit
Choice of Milk

Baja Carne Asada Steak and Rice Bowl
FEATURED VEGGIES
Roasted Peppers & Onions
Corn & Black Bean Salsa
Choice of Fruit
Choice of Milk

Chicken Parm Sandwich
FEATURED VEGGIES
Italian Roasted Vegetables
Celery Sticks
Choice of Fruit
Choice of Milk

BRAVO! **express** Breakfast Bar! Pancake Bar, Breakfast Tacos, Sandwiches, Homemade French Toast

Cajun Fish Tacos
FEATURED VEGGIES
Fresh Pineapple Salsa
Chef Choice Vegetable
Choice of Fruit
Choice of Milk

General Tso's Chicken Served Over White Rice
FEATURED VEGGIES
Steamed Broccoli
Chick Pea Salad
Choice of Fruit
Choice of Milk

Southwest Chicken Potato Bowl
FEATURED VEGGIES
Mexicali Corn
Mashed Potatoes
Choice of Fruit
Choice of Milk

GRILL DAY
Beef Gyro
FEATURED VEGGIES
Waffle Fries
Let, Onion, Tomato
Choice of Fruit
Choice of Milk

Main & Bravo
Memorial Day Cookout!
Burger Bar & Hotdog Bar
FEATURED VEGGIES
Baked Beans
Macaroni Salad
Choice of Fruit
Choice of Milk

BRAVO! **express** Poblanos Mex - American! Fajitas, Walking Tacos, Burrito Bowls, Quesidillas, Taco Bar, Ranch Refried Beans, Rice, Mexicali Corn and Variety of Salsas

MEMORIAL DAY
NO SCHOOL


Boneless Wing Bar
FEATURED VEGGIES
Chef Choice Vegetable
Chef Choice Vegetable
Choice of Fruit
Choice of Milk

Classic Toasted Grilled Cheese^
FEATURED VEGGIES
Tomato Soup
Chef Choice Vegetable
Choice of Fruit
Choice of Milk

Chicken Alfredo w/ Breadstick
FEATURED VEGGIES
Chef Choice Vegetable
Chef Choice Vegetable
Choice of Fruit
Choice of Milk

Loaded Bar!
FEATURED VEGGIES
Chef Choice Vegetable
Chef Choice Vegetable
Choice of Fruit
Choice of Milk

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch.

- Meat or Meat Alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread
- Choice of Milk

Daily Vegetable Choices May Include:

Spinach, Broccoli, Romaine Salad, Spring Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Lima Beans, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans, Cabbage and Green Peppers

Daily Fruit Choices May Include:

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges

Leave Your Lunch at Home

Daily entrée options may include:
Cheese Burger on a Bun
Chicken Patty on a Bun
Cheese or Pepperoni Pizza



Vegetable Garden Salad w / roll
Chef's Salad w/ roll
Ceasar Salad w/ roll
Ham & Cheese Wrap
Buffalo Chicken Wrap
Turkey & Cheese Wrap



LUNCH PRICES:

Student \$3.20
Reduced FREE
Adult \$4.37

^ Gluten Free Version Available

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