

Bulldog Café Menu

The Best Value for Your Money is a Combo Meal!

School Nutrition Service is implementing New Meal Patterns as required by the Healthy, Hunger-Free Kids Act. Lunch is priced as a combo. There are very specific requirements for protein and whole grains with limits on fat, calories, and sodium.

NOTE: Students must choose a fruit or vegetable with the main entrée and may take a milk to receive combo reduced and free pricing.

Lunch Combo Meal Deal

- (1) Entrée Choice (bread & protein)
- (1 or more) Fruit Choice
- (1 or more) Vegetable Choice
- (1) Low-Fat or Fat Free Milk

Hot Combo Meals Offered Daily

All Combo Meals Include:

Rainbow Fruit and Vegetable Bar
And choice of Low-Fat
or Fat Free Milk

Whole Wheat Pizza Combo Meal **\$2.75**

Cheese or Pepperoni

Whole Grain Breadsticks

Combo Meal \$4.00

2 Stuffed Breadsticks

M-W-F Cheese

Tues & Thurs Pepperoni

Cheese Nachos Combo Meal \$3.00

Tortilla pieces served with

Two Land o' Lakes Jalapeno cheese cups

WG Pretzel and Cheese Meal \$3.00

Salad Combo Meals \$4.00

Classic Garden Salad

Romaine and spinach mixed with, tomato, cheddar cheese and an assortment of fresh vegetable—served with your choice of Low Fat Dressing and Whole Grain Roll

Chef Salad

Diced ham, turkey and a hardboiled egg served over a romaine and spinach blend with, tomato, cheddar cheese and an assortment of fresh vegetable—served with your choice of Low Fat Dressing and Whole Grain Roll

Hail Caesar! Chicken Salad

Grilled Chicken, romaine lettuce with, tomato, parmesan cheese and an assortment of fresh vegetable—served with Paul Newman's Caesar Dressing and Whole Grain Roll

2017 – 2018 Student Prices

Combo Meal Specials \$4.00

Daily Fruit Parfait

Layers of yogurt and fresh strawberries and blueberries with string cheese, granola and a WG blueberry muffin

Monday and Wednesday

2 Chicken and Cheese

WG Crispitos

Served with a Jalapeno or

Cheddar Cheese cup

Tuesday

Mashed Potato Chicken Bowl

w/ Whole Grain Roll

Wednesday

TOP N' GO Walking Taco

Seasoned Beef over Tortilla Pieces

With Hot Melted Cheese

Sandwich Combo Meals \$3.50

Deli Sub

Ham, Salami and Bologna
(all turkey based meat)

Ham & American Cheese

Turkey and American Cheese

Egg Salad

Chicken Salad

Roast Beef

**Menu Subject to Change*

REMEMBER

to take a complete meal
for special combo, free
and reduced pricing!!!

Combo Meal Specials \$4.00

Wednesday

Strawberry Spinach Salad

Fresh baby spinach leaves, grilled chicken strips, sliced fresh juicy red strawberries and homemade dressing

Thursday

Honey Sriracha Breaded Chicken Breast
Chucks

Hot Dog

on Whole Grain Bun

or Pizza Calzone

Friday

Breaded Chicken Patty

Regular or Spicy

on Whole Grain Bun

or

WG Beef Pasty w/ String Cheese

Extra Items Offered Daily

Milk \$.50

½ pint of skim or fat free chocolate

Baked Chips \$1.00

Grain Bars \$1.00

Low Fat String Cheese \$.75

Water Bottles \$1.00 / \$1.75

Juice Bottles \$1.75

*IF you think your family
may qualify for FREE or
REDUCED PRICED meals
complete an application*

online at

www.LunchApp.com.

All Adult Combo Meals \$5.00 Adult Entrées Only \$3.00

**Adult Combo Meals pricing as required by Congressional Law to cover sales tax,
USDA food entitlement and reimbursement funds.**