

FRESH FIT A LA CARTE MENU 2016

WEEK A	Monday	Tuesday	Wednesday	Thursday	Friday
 Fresh Fit Menu  Foods 4 Thought	Spicy Roasted Vegetable Flatbread \$3.25	Made for you: Broth Bowl - Quinoa, Beans, Veggies and Rice \$4.00	Carver Station: Roast Beef Mashed Potatoes & Veggies \$4.50	Made for you: Stir Fry - Choose your Protein and Veggies over Rice \$4.00-\$4.50	Grilled Chicken Breast with Roasted Veggies and Rice \$4.00
WEEK B					
 Fresh Fit Menu  Foods 4 Thought	BBQ Chicken Flatbread \$3.50	Made for you: Baked Potato Bar \$4.00	Lettuce Wraps \$3.50	Made for you: Ramen Bowl- Protein/Noodles and Veggies \$4.00	Grilled Chicken Breast w/ Roasted Veggies & Potatoes \$4.00

We offer Pizza from local vendors daily as well as a variety of other fresh a la carte options.

Please see your schools' menu for additional daily specials!

January	February	March	April	May	June
M T W TH F	M T W TH F	M T W TH F	M T W TH F	M T W TH F	M T W TH F
	B 1 2 3 4 5	B 1 2 3 4	A 1	B 2 3 4 5 6	B 1 2 3
	A 8 9 10 11 12	A 7 8 9 10 11	B X 5 6 7 8	A 9 10 11 12 13	A 6 7 8
	B H 16 17 18 19	B 14 15 16 17 18	A 11 12 13 14 15	B 16 17 18 19 20	
A X 26 27 28 29	A 22 23 24 25 26	X X X X H	B 18 19 20 21 22	A 23 24 25 26 27	
	B 29	A 28 29 30 31	A 25 26 27 28 29	B H 31	