

2018

High School

Enfield Nutrition Service

Deli Menu and Daily Offerings

Menu items are subject to change without notice

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Hot Spicy Chicken Served in a Whole Wheat Tortilla	Chicken Salad Served in a Whole Wheat Roll	Hot Ham & Cheese Served in a Whole Wheat Bagel	Buffalo Chicken Served in a Whole Wheat Roll	Rice Bowl Oriental Chicken Sautéed Vegetables
Also Available: Deli Ham, Roast Turkey Peanut Butter & Jelly on a Roll or Bread	Also Available: Deli Ham, Roast Turkey Peanut Butter & Jelly Chicken Salad Sandwich on a Roll or Bread	Also Available: Deli Ham, Roast Turkey Egg Salad Sandwich Peanut Butter & Jelly on a Roll or Bread	Also Available: Deli Ham, Roast Turkey Peanut Butter & Jelly on a Roll or Bread	Also Available: Deli Ham, Roast Turkey Peanut Butter & Jelly Tuna Salad Sandwich on a Roll or Bread
<u>Salad Choice</u> Fresh Tossed Salad Choice of Side Cheese Cubes Croutons/Dinner Roll Dried Fruit Toppers Served with Choice of: Fresh Fruit 100 % Fruit Juice Fresh or Can Fruit Cup & Fresh Vegetable Cup Lettuce & Tomato Cup Four Bean (Legumes) Salad Cup & Choice of 1% White Milk Low-Fat Chocolate Milk Low-Fat Strawberry Milk	<u>Salad Choice</u> Fresh Tossed Salad Choice of Side Cheese Cubes Croutons/Dinner Roll Dried Fruit Toppers Scoop of Chicken Salad Served with Choice of: Fresh Fruit 100 % Fruit Juice Fresh or Can Fruit Cup & Fresh Vegetable Cup Lettuce & Tomato Cup Four Bean (Legumes) Salad Cup & Choice of 1% White Milk Low-Fat Chocolate Milk Low-Fat Strawberry Milk	<u>Salad Choice</u> Fresh Tossed Salad Choice of Side Cheese Cubes Croutons/Dinner Roll Dried Fruit Toppers Ham or Turkey Scoop of Egg Salad Served with Choice of: Fresh Fruit 100 % Fruit Juice Fresh or Can Fruit Cup & Fresh Vegetable Cup Lettuce & Tomato Cup Four Bean (Legumes) Salad Cup & Choice of 1% White Milk Low-Fat Chocolate Milk Low-Fat Strawberry Milk	<u>Salad Choice</u> Fresh Tossed Salad Choice of Side Cheese Cubes Croutons/Dinner Roll Dried Fruit Toppers Chef Salad Topping Served with Choice of: Fresh Fruit 100 % Fruit Juice Fresh or Can Fruit Cup & Fresh Vegetable Cup Lettuce & Tomato Cup Four Bean (Legumes) Salad Cup & Choice of 1% White Milk Low-Fat Chocolate Milk Low-Fat Strawberry Milk	<u>Salad Choice</u> Fresh Tossed Salad Choice of Side Cheese Cubes Croutons/Dinner Roll Dried Fruit Toppers Scoop of Tuna Salad Served with Choice of: Fresh Fruit 100 % Fruit Juice Fresh or Can Fruit Cup & Fresh Vegetable Cup Lettuce & Tomato Cup Four Bean (Legumes) Salad Cup & Choice of 1% White Milk Low-Fat Chocolate Milk Low-Fat Strawberry Milk

Guidelines for the New Meal Pattern :

Students must take at least three items and one must be at **least a half cup of either a fruit or vegetable** with the meal.