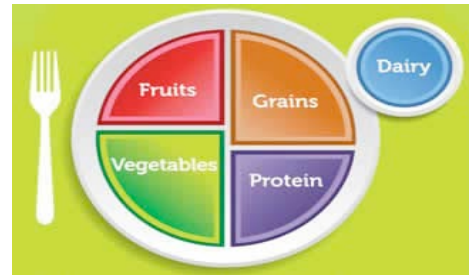




OPHS 2013/14



DECEMBER - FEBRUARY



Lunch Includes: One Entrée, 1 Side Item, Fruit and Milk and a Cup for Water- \$4.25

| Mon | Tues | Wed | Thurs | Fri |
|--|---|--|--|--|
| Cheese Pizza | Pick up Stix House Chicken | Cheese Pizza | Pick up Stix House Chicken | Cheese Pizza |
| Spaghetti w/Marinara | Cheese Enchiladas | Chicken PotStickers w/Veggie Chow Mein Noodles | Chili w/Corn Bread  | Red Beans and Rice |
| ½ Grilled Cheese w/ Pasta Minestrone Soup | Grilled Chicken Buffalo Patty | * Fit Burger on Whole Wheat Bun | Tacos | Chicken Chipotle Quesadilla |
| California Grilled Veggie Wrap  | Tuna Sandwich  | Caprese Sandwich on Faccacia | Turkey /Avocado & Cheese Sandwich | Chicken Pesto Sandwich |
| Greek Salad | Caesar Salad | Taco Salad  | Turkey Club Salad | Broccoli Salad w/Feta Cheese  |

* Contains Soy

SIDES :

Baked Chips Garden Salad Sweet Potato Fries Fruit Veggie Sticks
 Yogurt String Cheese Pasta Salad Cookies Juice Bars Fruit Salad