

# MENU

Thursday, September 19, 2019  
Cycle 3, Day 4

## ***Sophomore Menu:***

**Tuna Club with Fries** \$4.00  
(Premium White Tuna, Mayo, on Wheat Toast with Traditional BLT)

**Cheeseburger Wedge Salad** \$4.50  
(Iceberg, Red Onion, Tomatoes, Pickles, Shredded Cheese and Seasoned Ground Beef, House Made K&M Dressing) GF

**Mini-Meatloaf Dinner** \$4.50  
(Mashed Potatoes, Roasted Seasonal Vegetables)

## ***Healthy Options***

**Baked Cod *en papillote* with Exotic Mushrooms & Brown Rice** \$5.00  
(an Assortment of Wild Mushrooms, Sautéed with Garlic and Shallots & Fresh Herbs Oven Baked Cod Loin, and Brown Rice) GF

## ***Senior and Junior***

**Soup of the Day:**  
**Hayley's Chili** Cup: \$1.25  
Bowl: \$1.75

**Sandwich of the Day:**  
**Elena's Philly Cheese Steak Wrap** \$3.50

**Entrées:**  
**Xiomara's Yankee Pot Roast with Broccoli, Zucchini, and Oven Roasted Red Bliss Potatoes** \$4.50

**Olivia's Mussels in Pesto Cream Sauce with Pasta** \$4.50

**Jayden's Nachos (Ground Beef, Nacho Cheese, Nachos, Olives, Tomatoes, Banana Peppers, Black Beans, Avocado, and Onion)** \$4.50

the lighthouse cafe