

# MENU

February 13, 2020  
Cycle 18, Day 3

the lighthouse cafe

## ***Freshman Menu***

**Freshman Salad** (Blackened Salmon Caesar) \$5.00

## ***Sophomore Menu***

### **Baked Cod Bella Vista En Papillote**

(Roasted Cod, Tomatoes, Peppers, Red Onion and Garlic compound Butter and Brown Rice) \$5.00

**Chicken Parmesan Dinner** (Parmesan Bread, Chicken, Tomato gravy, and Pasta) \$4.50

**Cobb Salad** (Romaine, Cucumbers, Tomatoes, Cheese, Pickled Red Onions, Hardboiled Egg, topped with grilled Chicken served with Ranch Dressing) GF \$4.50

## ***Healthy Options***

**Ahi Tuna Poke Tacos** (Soft white Corn Tortillas, Pickled Ginger, crunchy Cabbage and Carrot slaw, Cilantro, Pico de Gallo, Spicy Lime Soy Honey Dressing, and Brown Rice) GF \$4.00

**Mexican Grain Bowl** (Brown Rice, Quinoa, Black Beans, Roasted Corn, Shredded Cheese, Pico de Gallo, Guacamole, and Crema) \$4.50

## ***Senior and Junior***

**Soup of the Day:** Cup: \$1.25  
**Bryam's Beef Barley** Bowl: \$1.75

**Sandwich of the Day:**  
**Faythe's Coney Island Hot Dogs w/ French Fries** \$3.50

**Entrées:**  
**Robyn's Ravioli w/ meatballs in a pink sauce** \$4.50  
(tomato, cream cheese, cream, & parmesan)

**Jessica's Pepperoni Pizza** \$4.50

**Sydney's Homemade pasta with seafood sauce** \$5.00  
(quahog, shrimp & calamari)

**Dante's BBQ Pork Nachos w/ beans, hot peppers** \$4.50  
Avocado, sour cream, nacho cheese, bacon, and BBQ pork