

MENU

February 27, 2020
Cycle 19, Day 2

Freshman Menu

Honey Chicken Salad (Mixed Greens, Shredded Red Cabbage, Carrots, Tomatoes, Sesame Angel Hair, Sesame Seams, Teriyaki Chicken, Honey Mustard, and Crispy Wontons) \$4.50

Sophomore Menu

Baked Cod Bella Vista En Papillote \$5.00
(Roasted Cod, Tomatoes, Peppers, Red Onion and Garlic compound Butter and Brown Rice)

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

Quesadilla Burger with Fries (6 oz. Burger patty Cheese spread, Jalapenos, Pickles, Tomato wrapped in a Flour Tortilla and grilled) \$4.00

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
Russel's Kale Soup Bowl: \$1.75

Sandwich of the Day:
Felicia's Sloppy Joe with French Fries \$3.50

Entrées:

Chianti's Pan Seared Garlic Scallops with Brussel Sprouts and Rice \$5.00

Breanna's Portuguese Mussels with Tomatoes, Garlic, Peppers, Onions and Churico \$4.50

Karina's Orange Marmalade Chicken with Brussel Sprouts and Rice \$4.50

the lighthouse cafe