

MENU

February 5, 2020
Cycle 17, Day 3

the lighthouse cafe

Freshman Menu

Freshman Salad (Blackened Chicken Caesar) \$5.00

Sophomore Menu

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

Baked Cod Bella Vista (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

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
Breanna's Corn Chowder Bowl: \$1.75

Sandwich of the Day:
Breanna's Shaved Turkey with lettuce, tomato, and avocado spread on toast. \$3.50

Entrées:
Amari's Chicken Marsala with mashed potatoes, zucchini and onions. \$4.50

Lynee's Swedish Meatball over fettuccini zucchini and onions. \$4.50

Karina's Roast Beef Dinner with mashed potatoes, zucchini and onions. \$4.50