

# MENU

February 6, 2020  
Cycle 17, Day 4

the lighthouse cafe

## ***Freshman Menu***

**Freshman Salad** (Blackened Chicken Caesar) \$4.50

## ***Sophomore Menu***

**Quesadilla Burger with Fries** ( 6 oz. Burger patty Cheese spread, Jalapenos, Pickles, 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

**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) V \$4.50

## ***Senior and Junior***

**Soup of the Day:** Cup: \$1.25  
**Kelsey's Cream of Broccoli** Bowl: \$1.75

**Sandwich of the Day:**  
**Chianti's Chicken Salad** with Apples, Cran Raisins, and French Fries \$3.50

**Entrées:**  
**Amari's Beef Roulades** with Roasted Brussel Sprouts, and Mashed Potatoes \$4.50

**Felicia's Honey Garlic Roasted Pork Tenderloin** with Roasted Brussel Sprouts, and Mashed Potatoes \$4.50