

# BCIT January 2017

## Choice of Milk Served With Every Meal.

(Options Include Skim, 1%, and Nonfat Chocolate)

## Seasonal Fresh Fruit Served Daily

Vegetarian meals available.

## DELI SPECIAL

Week 1 – Turkey & Cheese Hoagie  
 Week 2 – Buffalo Chicken Wrap  
 Week 3 – Tuna Salad Hoagie  
 Week 4 – Italian Wrap  
 Week 5 – Ham & Cheese Hoagie

## SALAD SPECIAL

Week 1 – Chef Salad  
 Week 2 – Chicken Caesar Salad  
 Week 3 – Asian Chicken Salad  
 Week 4 – Cobb Salad  
 Week 5 – Greek Salad

## WEEKLY SPECIAL

Week 1 – Chicken Nuggets  
 Week 2 – Cheeseburger  
 Week 3 – Meatball Sub  
 Week 4 – Hot Dogs  
 Week 5 – Cheesesteak

Lunch Price \$3.25 :: Prepaid Options Available

## MENU SUBJECT TO CHANGE

|   |  |  |   |   |
|---|--|--|---|---|
| ALL MEALS INCLUDE<br>CHOICE OF ENTRÉE,<br>VEGETABLE, FRUIT,<br>AND MILK               | 3.<br>Sriracha Chicken<br>Sliders<br>with Mac n' Cheese<br><br>Celery Sticks<br>Fresh Fruit & Salad    | 4.<br>Pasta e Fagioli<br>with breadstick<br><br>Green Peas<br>Fresh Fruit & Salad      | 5.<br>Grilled Cheeseburgers<br><br>Carrot Sticks<br>Baked French Fries<br>Fresh Fruit & Salad | 6.<br>Taco Bar<br><br>Rice & Beans<br>Fresh Fruit & Salad                           |
| 9.<br>Cheese Ravioli<br>with Breadstick<br><br>Sautéed Spinach<br>Fresh Fruit & Salad | 10.<br>Chicken Patty<br>Sandwich<br><br>Red Pepper Strips<br>Sweet Potato Fries<br>Fresh Fruit & Salad | 11.<br><br><b>½<br/>Half Day</b>   | 12.<br>BBQ Chicken<br><br>Mashed Potatoes<br>Sweet Corn<br>Fresh Fruit & Salad                | 13.<br>Fish n' Chips<br>Tartar Sauce<br><br>Sliced Cucumbers<br>Fresh Fruit & Salad |
| 16.<br><br><b>No School</b>   | 17.<br>Assorted Quesadillas<br><br>3 Bean Chili<br>Pepper Slices<br>Fresh Fruit & Salad                | 18.<br>Sloppy Joe on a Bun<br><br>Steamed Broccoli<br>Fresh Fruit & Salad              | 19.<br>Chicken & Waffles<br><br>Hash browns<br>Fresh Fruit & Salad                            | 20.<br>Assorted Hoagies<br><br>Coleslaw<br>Carrot sticks<br>Fresh Fruit & Salad     |
| 23.<br>Grilled Cheese Bar<br><br>Tomato Soup<br>Fresh Fruit & Salad                   | 24.<br>Breakfast For Lunch<br><br>Cinnamon Sweet<br>Potatoes<br>Fresh Fruit & Salad                    | 25.<br>Pork Roll & Cheese<br>on a Kaiser Roll<br><br>Tater Tots<br>Fresh Fruit & Salad | 26.<br>Corn Dogs<br>Baked Beans<br><br>Fresh Fruit &<br>Salad                                 | 27.<br><br><b>½<br/>Half Day</b>  |
| 30.<br><br><b>½<br/>Half Day</b>  | 31.<br><br><b>No School</b>  |  | <u>Pizza OF The Month</u><br><br>Spinach, Tomato & Basil Pizza                                |   |