Core Menu



Chef's Notes:

This meal is designed to be cold and the Main Course contains components of:

- Grilled Chicken
- Grilled Beef
- Grilled Salmon
- Condiments of
 - Horseradish Sauce BBQ Sauce

Whole Fruit should be washed; stickers removed and ready to eat.

Please limit the hand fruit selections to: Apples, Oranges, Nectarines and Pears.

Item	Main Course	Crew Side Choices (2 per meal)
L1	 A. Chicken and Beef B. Chicken and Salmon Components of main entrée include: 6 oz. of Protein 4 oz. of Grilled Vegetables Dinner Roll Appropriate Condiments and Garnish Horseradish Sauce BBQ Sauce 	 Chef's Choice Sliced Cheese/Crackers (No Saltines) Mini Crudité/Dip Hummus and Pita Chips Whole Fruit Sliced Fruit (2 Varieties Minimum) Chips Greek Yogurt (plain) Cookie or Brownie None

Suggested Packaging

Item	Specifics
3 compartment Box	Hinged Lid with 3 compartments that
3 compartment box	completely seal when lid is closed.
Cuttom: Dools	Plastic cutlery that includes fork, knife,
Cutlery Pack	spoon and large napkin.
2 oz. container with Lid	Portion cup with lid that seals
2 02. container with Lid	completely.



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Core Menu







Chef's Notes:

Single Compartment box is used to insure "Larger Entrée Sized" salad is delivered.

Salad mix of 75% Romaine and 25% Field Greens are used to help support ingredients so that salad does not flatten from production to consumption.

Item	Main Course	Crew Options
	Greek Salad	
	 Components of Greek Salad include: Protein Selection, Grilled 6oz. Fresh, washed/cut Lettuce Mix Cherry or Grape Tomatoes 	Options include: 6 oz. Protein Selection
L2	 Croutons (in zip-lock) Feta Crumbles (2oz. Portion Cup) Olives, Kalamata Cucumber, Diced Pepperoncini's Greek Dressing (4 oz.) Crackers, 2 packages of "non-saltines" 	A: Grilled Chicken (as presented in Photo) B: Grilled Salmon C: No Protein

Suggested Packaging

Item	Specifics
9 inch Octagon or Round Container	Hinged Lid with 1 compartment that
3 men octagon of Round container	completely seal when lid is closed.
4 oz. container with Lid	Portion cup with lid that seals completely.
Cuttom Book	Plastic cutlery that includes fork, knife,
Cutlery Pack	spoon and large napkin.

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Core Menu

L3 Choose Your Wrap



Chef's Notes:

Sandwich is cut and halves are wrapped separately to easily identify sandwich while still in the

Wrap should consist of lettuce, tomato and requested deli meat and cheese.

Whole Fruit should be washed; stickers removed and ready to eat.

Please limit the hand fruit selections to: Apples, Oranges, Nectarines and Pears.

Item	Main Course	Crew Side Choices (2 per meal)
L3	Tortilla Wrap Options Include: a. Roast Beef and Cheddar b. Ham and Swiss c. Grilled Chicken Club Components of the Main Entrée include: Sandwich Wrap made from 12 inch tortilla and filled with 4 oz. of deli meat, 1 oz. of cheese with other fillings in the "Chef's Notes".	 Chef's Choice Sliced Cheese/Crackers (No Saltines) Mini Crudité/Dip Hummus and Pita Chips Whole Fruit Sliced Fruit (2 Varieties Minimum) Chips Greek Yogurt (plain) Cookie or Brownie None
	*Grilled Chicken Club: Grilled Chicken (sliced in strips), Lettuce, Tomato and Bacon (see photo)	
	Mayonnaise and Mustard packets	
Suggested Packaging		

Item	Specifics
3 compartment Box	Hinged Lid with 3 compartments that completely seal when
3 compartment box	lid is closed.
2 oz. container with Lid	Portion cup with lid that seals completely.
Cutlon, Dock	Plastic cutlery that includes fork, knife, spoon and large
Cutlery Pack	napkin.

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Core Menu

L4 Choose Your Own Deli Sandwich



Chef's Notes:



Pre-Built Sandwich is cut in half and each half wrapped separately to insure freshness.

Whole Fruit should be washed; stickers removed and ready to eat.

Please limit the hand fruit selections to: Apples, Oranges, Nectarines and Pears.

Item	Main Course	Crew Side Choices (2 per meal)
L4	Choose your own Sandwich Options Include: a. Chicken Salad with Whole Wheat b. Italian Hoagie on Hoagie Roll c. Tuna Sandwich with Whole Wheat Components of the Main Entrée include: Bread (as per selection) Meat − 4 oz. (as per selection) Cheese − 1 oz. (as per selection) Lettuce Leaf − 1 ea. Mayonnaise and Mustard packets Sandwich B is prebuilt while A and C are sent "Bulk" to which the crew will assemble. (See "Chef's Notes")	 Chef's Choice Sliced Cheese/Crackers (No Saltines) Mini Crudité/Dip Hummus and Pita Chips Whole Fruit Sliced Fruit (2 Varieties Minimum) Chips Greek Yogurt (plain) Cookie or Brownie None Components of the Italian Hoagie Sliced: Salami, Ham, Provolone, Chopped Olives, Roasted Red Peppers, Pepperoncini Sliced Tomatoes Italian Dressing PC Leaf Lettuce

Suggested Packaging

Item	Specifics	
3 compartment Box	Hinged Lid with 3 compartments that completely seal when lid is closed.	
Cutlery Pack	Plastic cutlery that includes fork, knife, spoon and large napkin.	
6 oz. Portion Cup with Lid	For the Tuna & Chicken Salad Sandwich Options	

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Core Menu

L5 Cobb Salad



Chef's Notes:

Single Compartment box is used to insure "Larger Entrée Sized" salad is delivered.

Suggest keeping Bleu Cheese in Wedge form **Or** place crumbles in portion cup with lid so that it does not blend into the salad mix during

transportation.

Salad mix of 75% Romaine and 25% Field Greens are used to help support ingredients so that salad does not flatten from production to consumption.

Item	Main Course	Crew Options
	Cobb Salad	
	Components of Entrée Salad include:	Options include:
	• 8 oz. of Protein of Meats and Cheeses that includes:	
	 Grilled and Sliced Chicken 	4 oz. Dressing Selection
	 Diced Bacon 	
L5	 Bleu Cheese Wedge 	A: Ranch Dressing
LJ	(or portion cup with lid for crumbles)	(as presented in Photo)
	 Fresh, washed/cut Lettuce Mix 	B: Balsamic Vinaigrette
	 Cherry or Grape Tomatoes 	_
	 Croutons (in zip-lock) 	C: Bleu Cheese Dressing
	Peeled Hard Boiled Egg	D: Italian Dressing
	 Crackers, 2 packages of "non-saltines" 	

Suggested Packaging

Item	Specifics
9 inch Octagon or Round Container	Hinged Lid with 1 compartment that
	completely seal when lid is closed.
4 oz. container with Lid	Portion cup with lid that seals completely.
Cutlery Pack	Plastic cutlery that includes fork, knife,
	spoon and large napkin.

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Core Menu

L6 Peanut Butter and Jelly Sandwich



Chef's Notes:

Whole Fruit should be washed; stickers removed and ready to eat.

Please limit the hand fruit selections to: Apples, Oranges, Nectarines and Pears.

Item	Main Course	Crew Side Choices (2 per meal)
L6	Peanut Butter and Jelly Sandwich Bread Options Include: a. Whole Wheat b. Multigrain c. White Components of the Main Entrée include: > 2 slices of Bread (as per selection), wrapped in plastic or placed in zip-lock. > Portion cup of 3 oz. of Peanut Butter > Portion cup of 3 oz. of Jelly Do Not Combine Peanut Butter and Jelly	 Chef's Choice Sliced Cheese/Crackers (No Saltines) Mini Crudité/Dip Hummus and Pita Chips Whole Fruit Sliced Fruit (2 Varieties Minimum) Chips Greek Yogurt (plain) Cookie or Brownie None
	in the same portion cup.	

Suggested Packaging

Item	Specifics
1 compartment Box	Hinged Lid with 1 compartment that completely seal when lid is closed.
4 oz. container with Lid	Portion cup with lid that seals completely.
Cutlery Pack	Plastic cutlery that includes fork, knife, spoon and large napkin.

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Core Menu

L7 Spinach with Feta Salad



Chef's Notes:

Since Salad is larger, it is recommended that 4 oz. of dressing is portioned.

Single Compartment box is used to insure "Larger Entrée Sized" salad is delivered.

Item
L7

Suggested Packaging

Item	Specifics
9 inch Octagon or Round Container	Hinged Lid with 1 compartment that completely seal when lid is closed.
4 oz. container with Lid	Portion cup with lid that seals completely.
2 oz. container with Lid	Portion cup with lid that seals completely.
Cutlery Pack	Plastic cutlery that includes fork, knife, spoon and large napkin.
Small Zip-Lock Bag	For portioning sugared nuts

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