

RED RAIDER CAFE



Harvey High School
Heritage Middle School

What's for LUNCH!

Harvey High School		Heritage Middle School
<p>Choose an entrée with...</p> <p>2 Fruits and 2 Veggies (or Specialty Salad with 2 Fruits)</p> <p>➤ your favorite flavor of fat-free Milk ...</p> <p>Only \$3.25</p>		<p>Choose an entrée with...</p> <p>1 Fruit, 1 Veggie and 1 Side Salad (or Specialty Salad with 1 Fruit)</p> <p>➤ your favorite flavor of fat-free Milk ...</p> <p>Only \$3.25</p>
<p>(Adult lunch combo, milk not included ... \$3.50)</p>		

Monday IN A BOWL

A rotation of all your favorite lunches served in a bowl including these themes with a variety of chicken and beef toppings offered:

- Mashed Potato
- Asian
- Mac and Cheese

Tuesday MEXICAN

A rotation of your favorite Mexican dishes with all the toppings including:

- Burrito Bowl
- Soft Tacos or Nachos (choose from Taco Meat or Chicken Fajita Meat)
- Mexican Pizza
- Quesadillas

Wednesday PASTA BAR

Make your selection from our "Pasta Bar" featuring:

- Pasta with Meatballs or Meat Sauce
- Chicken Alfredo
- Garlic Bread

Thursday ON A BUN

A rotation of our signature sandwiches all served on a bun including:

- Hot Subs
- Meatball Subs
- Honey Sriracha Chicken Subs
- Italian Sausage Sandwich
- Philly Cheese Steak

Friday FLASHBACK

Take your pick from a rotation of the traditional favorites such as:

- Bosco Sticks
- Grilled Cheese Sandwiches
- Mac and Cheese
- Turkey with Gravy over Mashed Potatoes

Daily Offerings...

- Big Daddy's Pizza
- Chicken Sandwiches (Regular and Spicy)
- Variety of Wraps (Turkey, Ham, Spicy Chicken, Chicken or Veggie)
- Garden Burger (Made to order. Ask for it!)

Fruit Sides...

- Apples, Oranges, Bananas
- Fresh Fruit in season (Melons, Strawberries, Grapes, Pineapple)
- Variety of Canned Fruit (Peaches, Pears, Applesauce, Pineapple, Mandarin Oranges)
- Chilled Juice

Veggie Sides...

- Hot Veggie rotated daily
- Mini Carrots
- Celery Sticks
- Cucumber Slices
- Side Salad

Specialty Salads...

- Spring Mix Salad with lots of Fresh Veggies, sprinkling of Cheese and one of the following:
 - Turkey
 - Grilled Chicken
 - Spicy Chicken
 - Breaded Chicken
 - Taco Meat

Want More Nutritional Info?

Nutritional information on all food offered is available at www.pcls.net on the "Nutrition Services Department" page.

Nutrition Services

2018-2019 School Year



Engaging All Students Today
For Tomorrow's World

This institution is an equal opportunity provider.

All prices subject to change 8/18