

FEBRUARY ADULT MENU

Orders must be emailed by 8:30 am to ensure timely delivery. Email hcslunch@harrisonschools.com Please remember that we will try to honor your special requests, but they are not guaranteed.

Add These On To Any Lunch Order:

8 oz Cup of Soup – Broccoli Cheddar Cheese, Twice Baked Potato, or Chicken Noodle - \$3.00

Bottle of Pop or Water - Coke, Diet Coke, Pepsi, Diet Pepsi, Mt Dew, Diet Mt Dew, or Plain Water - \$1.50 **Jumbo Chocolate Chip Cookie - \$1.50**

DAILY SPECIALS

*Fresh Chef Salad *Chicken Caesar Salad *KETO - Cobb Salad with KETO Ranch *KETO – Lunchable *7" Personal Pizza - with two toppings

and a bag of chips

16" PIZZA – Our WHITE pizza crust is topped with your choice of toppings. Your choice of favorite toppings are pepperoni, ham, sausage, bacon, green olives, mushrooms, green peppers, onions, mild pepper rings, and pineapple

Monday Broccoli Cheese Soup and Salad We serve a small garden salad with romaine lettuce, tender spinach leaves, shredded carrots, cucumbers, diced tomatoes, ranch dressing, and homemade croutons. This salad comes with an 8 oz cup of creamy broccoli soup

-OR-

topped with a

mound of shredded

cheddar, and

crackers

Grilled Chicken Cordon Bleu Flatbread

A fresh, soft flatbread filled with a seasoned chicken breast, thinly sliced ham, and swiss cheese is then grilled panini-style. Served with a bag of chips, mayo and honey mustard on the side plus a turtle cookie

Tuesday KETO PBJ Wrap Lunchable

Try this low carb, **KETO** friendly peanut butter and jelly wrap that is served with a slight twist, we mix the peanut butter with cottage cheese to add more protein. We serve this wrap with a side of mixed nuts and seeds. We also add cheese cubes and a KETO approved sweet treat

Ham and Cheese

Sliders Two dinner roll

sliders are built of sliced ham and cheddar cheese, then soaked in an amazing sauce comprised of butter, Worcestershire sauce, everything but the bagel seasoning, and other melt in

your mouth

ingredients. Served

with chips and an

oatmeal caramel

apple cookie

Strawberry Chicken Salad

Wednesday

A colorful combination of red-ripe strawberries, mandarin oranges, and pineapple tidbits is tossed with crisp romaine lettuce and tender spinach leaves. Poppyseed dressing, sweet cinnamon walnuts, and grilled chicken round out this yummy salad with a slice of sweet bread

KETO Chaffle Cheese Burger

This burger is sure to please your taste buds! We whip together granulated garlic, S n P, shredded cheddar cheese, and eggs before placing the mixture in a waffle iron to make the top and bottom layer of this burger; in the middle we place a quarter pound burger, thinly sliced tomatoes, American cheese, red onion moons, and leaf lettuce. This burger comes with a bowl of cottage cheese and mayo packets

Thursday Ten Layer Mexican Dip

We pile up these fabulous layers for you to dip into. We first start with a laver of refried beans then top it with seasoned cream cheese, taco meat, shredded cheddar cheese, queso cheese sauce, diced tomatoes, black olives, and chopped green onions. Sour cream, salsa, and a bag of tortilla chips are all placed on the side with a no bake cookie

Buffalo Chicken Dip

This dish is not too spicy, just enough heat to call it buffalo chicken dip. A large portion of warm, creamy buffalo chicken dip is served with salty corn tortilla chips for dipping, a side of fresh chunky salsa, celery sticks, and a no bake cookie

Friday Veggie Pizza

A thick laver of cream cheese and ranch dressing is spread over our loco bread and served with shredded carrot sticks, diced red peppers, thinly sliced green onion, chopped broccoli, and diced cucumbers. You can NOT just eat one piece, so you get four segments with an orange that has been quartered for you (sorry we cannot omit any items)

Pulled BBQ Pork on a Baked Potato

A baked potato topped with tangy, tasty, pulled pork in a rich BBQ sauce is layered with shredded cheddar cheese and crispy bacon pieces. Accompanied by sour cream, warm spicy brown sugar baked beans and a slice of cornbread