

Healthy Meals



Order before 6:00am at SRobles@tesd17.org

Week 1

Citrus Spinach w/Orange Balsamic

Fresh Spinach, Strawberries, Oranges and Pine Nuts tossed in Orange Balsamic Dressing

Southwest Chicken Salad:

Mixed greens, chicken, corn, tomatoes, red onions, black beans, cheddar, fried tortilla strips, southwest ranch dressing.

Turkey BLT Sandwich:

Turkey, lettuce, tomato, bacon, fat free mayo, choice of bread

Thursday Special

Chicken Breast w/Artichokes & Mushrooms in a Rosemary Sherry Sauce, Weved w/Rice & a smal tossed Salad

Week 2

Oriental Chicken Salad:

Spring mix, chicken breast, cucumber, tomatoes, julienne carrots, red pepper, red onions, mandarin oranges, chow Mein noodles, almonds

Avocado Club Chopped Salad:

Romaine lettuce, bacon, tomatoes, avocado, cucumber, cheddar, croutons, red pepper ranch dressing

Deli Turkey Avocado Club Sandwich:

Lettuce, turkey, tomato, avocado, bacon, fat free mayo, choice of bread

Thursday Special

Sun-Dried Tomato & Pesto Chicken Breast:

Pesto, chicken breast, sun-dried tomatoes

Week 3

Fresh Berry & Chicken Salad:

Spinach, red onions, strawberries, blueberries, mandarin oranges, almonds, chicken

Chipotle Chicken Avocado Salad w/ Green Chili Dressing

Mixed greens, chipotle chicken, tomatoes, cucumbers, carrots, jicama, red onion, orange segments, black beans, avocado, green chili dressing.

Greek Chicken Pasta Salad

penne pasta, tomatoes, cucumber, green onions, black olives, olive oil, lemon juice, basil, oregano, garlic, feta cheese

Thursday Special

Chicken Breast & Spinach Roll

Chicken breast, spinach, egg, cottage cheese, mozzarella, marinara sauce

Week 4

Chicken Cobb Salad:

mixed greens, chicken, bacon, avocado, tomatoes, blue cheese, cheddar, boiled eggs, lemon juice, green onions, parsley, garlic, olive oil, salt, pepper, roasted red pepper ranch

Chicken & Orange Couscous Salad:

Couscous, olive oil, salt, pepper, red onion, oranges, parsley, mint, cucumber, raisins, chicken

Tuna Salad Sandwich or Egg Salad Sandwich:

Tuna, or Egg, mayo, celery, pepper, provolone, lettuce, tomato, choice of bread

Thursday Special

Cranberry Dijon Chicken Breast:

olive oil, yellow onions, garlic, balsamic vinegar, salt, pepper, chicken, cranberry sauce, Dijon mustard, brown sugar, Worcestershire sauce, red wine vinegar

Week 5

Blackened Chicken & Summer Vegetable Salad

mixed greens, chicken, Cajun seasoning, oil, lemon wedge, roasted corn, tomatoes, cucumber, carrots, black olives, red onion, tortilla strips, green onions

Chicken BLT Salad

Mixed greens, bacon, balsamic vinegar, garlic, salt, pepper, olive oil, chicken, cucumber, cheddar, tomatoes, croutons

.Napa Valley Turkey Sandwich

Red grapes, shredded carrots, fat free mayo, turkey, lettuce, cheddar, choice of bread

Thursday Special

Chicken Breast w/Artichokes & Mushrooms in a Rosemary Sherry Sauce, Weved w/Rice & a smal tossed Salad

Week 6

Chicken Apple Walnut Salad:

Spring mix, granny smith apples, cheddar cheese, walnuts, dried cranberries, diced chicken, dressing: cider vinegar, Dijon mustard, salt, pepper, honey, and olive oil

Grilled Tuscan Chicken Sandwich:

Roasted garlic chicken (garlic, lemon juice, lettuce, tomatoes, pesto, FF mayo, provolone cheese

Thursday Special

Cranberry Dijon Chicken Breast:

olive oil, yellow onions, garlic, balsamic vinegar, salt, pepper, chicken, cranberry sauce, Dijon mustard, brown sugar, Worcestershire sauce, red wine vinegar

Week 7

Cajun Cobb Salad:

Mixed greens, bacon, chicken, boiled eggs, cucumbers, corn, tomatoes, croutons, Cajun ranch dressing

Mexican Chopped Salad:

Romaine lettuce, black beans, tomato, jicama, corn, avocado, red peppers, crumbled feta tossed with honey lime juice

Grilled Chicken W/Basil Sandwich:

Oil, pepper, salt, garlic, chicken, sun-dried tomatoes, pesto, fat free mayo, spinach, basil, baguette roll

Thursday Special

Sun-Dried Tomato & Pesto Chicken Breast:

Pesto, chicken breast, sun-dried tomatoes

Week 8

Mediterranean Tuna Salad:

Mixed greens, cucumber, tuna, red onions, black olives, boiled eggs, tomatoes, croutons

Mediterranean Chicken Penne Pasta Salad: penne, sundried tomatoes, artichoke hearts, oregano, garlic, black pepper, salt, spinach, balsamic vinegar, olive oil, chicken breast

Pesto Chicken Salad on Focaccia Bread

Focaccia bread, romaine, tomato, Chicken, celery, FF mayo, pesto sauce

Thursday Special

Chipotle Grilled Chicken Breast served w/Aztec Corn & Small tossed Salad

Easy Dinner

Order in the morning pick up before you go home

Order before 6:00am at Aamezcua@tesd17.org

16" Pizza \$6.00

Pepperoni
Cheese
Vegetarian,
Jalapenos

Casserole on the go \$12.00

Italian Beef Lasagna
White Veggie Lasagna
Creamy Baked Mac & Cheese
Santa Fe Chicken Casserole

EXTRAS

BEVERAGES \$1.25

Assorted Fruit Juices
Bottled Water
Assorted Sodas and Bottled Iced Teas

DESSERTS \$2.00

Slice of Cake: Choose from chocolate, vanilla,
Cheesecake
2 Cookies & 1 Brownie
1 Fruit & Yogurt Parfait
Slice of Apple Pie
Slice of Pecan Pie

SNACKS \$1.00

Variety of Chips
Trail Mix