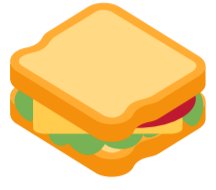


THS EXPRESS MENU



Sandwich Station

Served on Whole Grain Buns



Breaded Chicken
Spicy Chicken
Cheeseburgers
Hamburgers

Soft Pretzel w/ Cheese Sauce
Nacho Chips w/ Cheese Sauce
Fresh Crispy French Fries
Includes Fresh Fruit, Veggies & Milk

Fresh Options



Fresh Veggie Cup
Fresh Fruit Cup
Pre-made Assorted Salads
Jammer Slammer or YOGO Meal w/
Cheese Stick and Goldfish Crackers
Cheese Crackers and Grapes
Jammer Slammer & YOGO Meal
Includes Fruits, Veggies & Milk

Hot/Cold Salad Bar

Fresh Salad- Spring & Romaine
Blends Topped w/ a Variety of Fresh
Veggies
Fresh Seasonal Fruits Available
Hot Vegetables Offered Daily
Fresh Sandwich Topping Bar:
Sliced Tomatoes, Lettuce, Onions
and Pickles



Pizza Wheel

Cheese Pizza
Pepperoni Pizza
Hot Italian Options



Hot Breakfast

Mon: French Toast Sticks
Tues: Pancake on a Stick
Wed: Breakfast Pizza
Thurs: Apple or Cherry Frudel
Fri: Sausage, Egg and Cheese Bagel



Beverages

Milk: 1% White & Chocolate
Assorted 100% Juice Drinks
Gatorade
Water



What Makes a Breakfast/Lunch?

5 Components are Offered for Breakfast & Lunch
Lunch: Fruit, Veggie, Grain, Protein, Milk
Breakfast: 2 Fruits, Milk, 2 Grains (or 1 Grain & 1 Protein)
Select 3-5 Components: For Lunch, One Component
MUST Be a Fruit or Veggie

Additional Info

Please See Attachment or Interactive Website for
Nutritionals- Allergens Listed
- Breakfast Price: \$1.00
- Lunch Price: \$3.10 or \$3.55
Cafeteria Manager: Kathy Ezsol (513) 273-3173

This Institution is an Equal Opportunity Employer