### FLORIDA ATLANTIC UNIVERSITY SCHOOLS: 6-12 OCT 2015

#### LUNCH MENU

**FLORIDA ATLANTIC UNIVERSITY SCHOOLS: 6-12 OCT 2015**

**DISCLAIMER**

All Entrées with the exception of Entrée Salads are served with up to Two Fruits and Two Vegetables.

Entrée Salads are served with up to One Vegetable and Two Fruits.

Choice of 1% or Fat Free Milk Available Daily.

The kale sensation is sweeping the nation and for good reason. Kale is one of the most nutrient dense foods, containing an assortment of antioxidants, vitamins, and protein. It can be cooked in a variety of ways such as braising, sautéing, or baking. Kale can also be chopped into your favorite salad or blended into your favorite smoothie.

Menu subject to change based on availability.

This institution is an equal opportunity provider and employer.

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**MON** | **TUES** | **WED** | **THURS** | **FRI**
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**CENTER PLATE** | Cheese Quesadilla served with Mexican Corn Salsa and Fresh Cucumber Slices | Texas Pulled BBQ Chicken Sandwich served with Southern Style Baked Beans and Creamy Coleslaw | Mozzarella Mini Calzones served with Tuscan Navy Beans and a Side Caesar Salad | Creamy Chicken Alfredo served with Roasted Broccoli Parmesan and Fresh Carrot Dippers | 100% Mozzarella Stuffed Crust Pizza served with Red Pepper Strips and Italian White Beans

**LITTLE ITALY** | Wraps or Entrée Salads Served Daily | Wraps or Entrée Salads Served Daily | Wraps or Entrée Salads Served Daily | Wraps or Entrée Salads Served Daily | Wraps or Entrée Salads Served Daily

**COOL PICKS** | Wraps or Entrée Salads Served Daily | Wraps or Entrée Salads Served Daily | Wraps or Entrée Salads Served Daily | Wraps or Entrée Salads Served Daily | Wraps or Entrée Salads Served Daily

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