



8/19

Hot Entrée

Sweet Chili Chicken
Wrap With Cabbage,
Carrots and Peppers

Sweet Chili Tofu Wrap
With Cabbage, Carrots
And Peppers

French Fries

Stir Fried Veggies

Salad

Udon Noodle Salad

8/20

Hot Entrée

Breakfast Burritos
Bacon, Egg, Cheese,
Potato and Salsa

Breakfast Burrito
Spinach, Mushroom,
Tomato, Cheese,
Potato and Salsa

Yogurt & Granola

Muffins

Salad

Fruit Salad

8/21

Hot Entrée

Pop Corn Chicken
Beyond Chicken

Roasted Potato's

Carrots and Celery
With Ranch

Salad

Garden Salad
No Dressing

8/22

Hot Entrée

BBQ Pulled Pork
BBQ Tofu

Sweet Potato
Slider Bun

Brown Sugar
Baked Beans

Corn on the Cobb

Salad

Watermelon Feta
Salad
W/Chipotle Ranch

8/23

Hot Entrée

Three Cheese
Quesadilla

Mexican Rice

Sour Cream

Salsa

Black Bean &
Corn Salsa

Salad

Southwest Salad

If you have questions or special dietary needs please contact Amber Rybarczyk at

Amber.Rybarczyk@Compass-usa.com



8/26

Hot Entrée

Honey Hoisen
Chicken Thighs

Honey Hoisen
Tofu

Bao Buns

Edamame

Vegetable Fried Rice

Salad

Asian Cucumber
Salad

8/27

Hot Entrée

FISD Baked
French Toast

Gluten Friendly
French Toast

Ham Steak

FISD Hash Browns,
Shredded

Salad

Fruit Salad

8/28

Hot Entrée

Jerk Spiced Chicken

Jerk Spiced Tofu Steak

Brown Basmati Rice
With Peas

Mango Salsa

Baked Plantains

Salad

Cilantro, Pineapple
Salad

8/29

Hot Entrée

Rotini Pasta

Gluten Friendly
Pasta

Marinara Sauce

Garlic Bread

Roasted Parmesan
Broccoli

Salad

Caesar Salad

8/30

Hot Entrée

Beef Kebab w/
Raisin Chutney

Vegetable
Kebab

Lentil and
Potato Salad

Salad

Watermelon
Feta Balsamic
Salad

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9/02

Hot Entrée

Labor Day
No Lunch
Served
Today

Salad

9/03

Hot Entrée

Get Savory
Maple Cinnamon Quinoa
Parmesan Basil Quinoa

Scrambled Eggs

Tofu Scramble

Assorted Berries

Salad

Kale Salad

9/04

Hot Entrée

Pepperoni
French Bread
Pizza

Cheese Pizza

Watermelon

Garlic Cheese
Bread

Salad

Tuscan Tomato
Salad

9/05

Hot Entrée

Baked Chicken
Tenders

Plant Based
Chicken Tenders

Potato Chips

Roasted Broccoli

Salad

Garden Salad with
No Dressing

9/06

Hot Entrée

All Natural
Beef Burgers

Garden Burger

French Fries

Vegetable
Crudite

Salad

Caesar Salad

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9/09

Hot Entrée

General Tso
Chicken

General Tso
Tofu

Spring Roll

White Rice

Roasted
Broccoli

Salad

Cucumber Chili
Salad

9/10

Hot Entrée

Beef Nacho's

Vegetable Nacho's

House Made Cheese
Sauce

Sour Cream

House Made Salsa

Guacamole

Refried Beans

Salad

South West Salad

9/11

Hot Entrée

Macaroni and
Cheese

Gluten Friendly
Mac and Cheese

Dinner Rolls

Glazed Carrots

Cubed Melon

Salad

Broccoli Salad

9/12

Hot Entrée

Turkey Corn Dogs

Veggie Corn Dogs

Gluten Friendly
Corn Dogs

Grilled Asparagus

Waffle Fries

Salad

Pasta Salad

9/13

Hot Entrée

Beef & Lamb
Gyro

Gluten Friendly
Gyro

Tofu Gyro

Tzatziki Sauce

Pita Bread

Greek Potato

Salad

Orzo Salad

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