

2011-2012

STAFF LUNCH TO GO

Staff Carry/Delivery Out Menu

Asian Chicken Salad - perfect blend of mixed greens, red peppers, carrots, water chestnuts, snow peas, crispy noodles, chopped chicken and ginger sesame dressing: **\$ 5.50**

South West Salad - crisp greens, red & green peppers, sweet corn, black beans, diced chicken, red onions, diced tomatoes topped with homemade chipotle dressing: **\$ 5.50**

Classic Chef Salad - Crisp mixed greens, tomato, green pepper, cucumbers, turkey breast, honey baked ham, American & Swiss cheese, shredded carrots and croutons. Served with your choice of dressing: **\$ 5.50.**

Vegetarian Chef - Classic Chef without the ham and turkey: **\$5.00**

Market Salad - Crisp mixed greens, chopped egg, cheddar cheese, green pepper, diced tomato. Served with your choice of dressing: **\$4.85**

Chicken Caesar - Chopped Romaine lettuce, chicken strips, parmesan cheese, croutons and Caesar dressing: **\$ 5.50**

Taco Salad Bowl - Enjoy one of our giant oven baked taco bowls filled with lettuce, tomatoes, salsa, shredded cheddar cheese, black olives, sour cream. You may choose form taco beef or seasoned chicken, we will send the meat/chicken on the side so you can heat it up: **\$ 5.50**

Create Your Own Salad - We'll start with a mix of Romaine lettuce and your choice of vegetables from our varieties above, choose water chestnuts and black olives if that's what you like! Top it off with your favorite cheese selection: **\$5.00**. *Add Hard Boiled Egg, Ham, Turkey or Chicken: \$5.50*

Turkey or Ham Ranch Deli Wrap - Whole wheat tortilla, stuffed with turkey breast or baked ham, lettuce, tomato, fat free ranch dressing, thinly sliced red onion, and green pepper: **\$ 4.50**

Very Veggie Deli Wrap - The perfect blend of marinated vegetables stuffed in a whole wheat tortilla: **\$ 4.50**

Simply Veggie Deli Wrap - An assortment of crisp fresh vegetables stuffed in a whole wheat tortilla, topped with your choice of dressing: **\$4.50**

Salad Deli Wrap - Turn any of our amazing salads into a wrap! Choose your salad and we will place all of the same ingredients into a whole-wheat tortilla! Scrumptious: **\$4.50**

Deli Sandwich - design your own...Choice of turkey, ham, tuna or roast beef, add American or Swiss cheese, lettuce, tomato, pickles, and red onions, choose from whole wheat tortillas, 7-grain oat bread or French rolls. Mayo & mustard served on the side: **\$ 4.50**

Half Deli - smaller version of the deli- served on choice of wheat bread, multi grain bread or whole grain wheat. **\$ 2.75**

Fresh Fruit: **\$.75 each**

Fruit & Veggie Cart Selection: **\$ 1.75** (available daily in your cafeteria)

Big Grab Baked Chips: **\$1.10** 100 Calorie Snacks: **\$1.10**

Bottled Water: **\$1.50** 100% Fruit Juice: **\$1.60**

Milk: **\$.50** Organic Milk: **\$1.65**

NEW!! Freshly Prepared **Soup of the Day** (call for selection)

Small: \$1.40 Large: \$2.00 (includes crackers)

Salad dressings: French, 1000, Raspberry Vinaigrette, Honey Mustard, FF Italian, Sesame, FF Ranch, Apple Vinaigrette and Caesar





We are proud to present the Lake Forest Dist 67 Faculty & Staff our enhanced carry out & delivery lunch menu.

Simply place your order with your school's cafeteria staff the day prior or phone our kitchen at Deer Path 1-847-615-4473 with your lunch order by 8:30am the day you wish to eat. (Orders received after 8:30am cannot be guaranteed for same day delivery.)

Your order will be delivered before lunch, in conjunction with the elementary school lunches. Staff is able to utilize the computerized point of sale system, by logging on to www.mynutrikids.com. The point of sale system is a debit card system- prepaid lunch account. You may also pay using cash or check made payable to District 67. Payment is required on the day of service.

Each day you have available, in your school's cafeteria, the daily menued student lunch, fresh whole fruit and the fruit and veggie cart.

We encourage suggestions, comments and interaction with our customers, please feel free to contact Anne Simons at 1-847-604-7476 or by email at asimons@lfschools.net