

Burlington – Edison High School Lunch Menu

January 2019

Note: Menu items made with whole grains are indicated in brown bolded type (V) = Vegetarian option (HH) = Heart Healthy Choices
A full student lunch includes choice of entrée, vegetable, fruits, and milk. Daily milk choice includes low-fat white milk & non - fat chocolate milk

A full student lunch includes choice of entrée, vegetable, fruits, and milk. Daily milk choice includes low-fat white milk & non - fat chocolate milk. (HH) Heart Healthy	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
<p>TIGER DEN DAILY SPECIAL</p> <p>Favorite Comfort Foods & International Flavors Served Your Way</p>	<p>MASHED POTATO BOWL</p> <p>Chicken Nuggets</p> <p>Mashed Potatoes</p> <p>Homemade Chicken Gravy</p> <p>Seasoned Mixed Veggies (HH)</p> <p>Whole Grain Biscuit</p>	<p>SOUTHERN BOWL</p> <p>Honey BBQ Chicken</p> <p>Potato Salad</p> <p>Seasoned Corn</p> <p>Fresh Baked Biscuit</p> <p>Honey BBQ Sauce</p>	<p>ITALIAN PASTA BOWL</p> <p>Saucy Italian Meatballs</p> <p>Red Marinara or Alfredo Sauce</p> <p>Classic Spaghetti</p> <p>Steamed Broccoli</p> <p>Toasted Whole Grain Garlic Bun</p>	<p>BACKYARD BBQ BOWL</p> <p>Barbecued Pork</p> <p>Cheesy Macaroni</p> <p>Seasoned Corn</p> <p>Whole Grain Biscuit</p> <p>Honey BBQ Sauce</p>	<p>SPICY ASIAN RICE BOWL</p> <p>Southeast Asian Chicken Teriyaki</p> <p>Steamed White Rice</p> <p>Oriental Blend Veggies (HH)</p> <p>Fortune Cookie</p>
<p>BURGERS</p> <p>Cheese Burgers, & Breaded Chicken Sandwiches Featured Daily</p>	<p>Chicken Burger</p> <p>Spicy Chicken Burger</p> <p>Cheese Burger</p> <p>Garden Burger</p> <p>Swiss Dip Sandwich</p> <p>Oven French Fries</p>	<p>Chicken Burger</p> <p>Spicy Chicken Burger</p> <p>Cheese Burger</p> <p>Garden Burger</p> <p>Chicken Corn Dog</p> <p>Seasoned Potato Wedges</p>	<p>Chicken Burger</p> <p>Spicy Chicken Burger</p> <p>Cheese Burger</p> <p>Garden Burger</p> <p>Jalapeno Cheddar Burger</p> <p>Oven French Fries</p>	<p>Chicken Burger</p> <p>Spicy Chicken Burger</p> <p>Cheese Burger</p> <p>Garden Burger</p> <p>Meatball Sub Sandwich</p> <p>Oven French Fries</p>	<p>Chicken Burger</p> <p>Spicy Chicken Burger</p> <p>Cheese Burger</p> <p>Oven French Fries</p> <p>Pulled BBQ Pork Sandwich</p>
<p>Eatsa Pizza</p> <p>Classic Cheese Pizza (V) Baked Daily</p>	<p>South Western Pizza</p> <p>Hawaiian Pizza</p> <p>Cheese Pizza</p> <p>Pepperoni Pizza</p> <p>Meat Lovers Pizza</p>	<p>South Western Pizza</p> <p>Hawaiian Pizza</p> <p>Cheese Pizza</p> <p>Pepperoni Pizza</p> <p>Meat Lovers Pizza</p>	<p>South Western Pizza</p> <p>Hawaiian Pizza</p> <p>Cheese Pizza</p> <p>Pepperoni Pizza</p> <p>Meat Lovers Pizza</p>	<p>South Western Pizza</p> <p>Hawaiian Pizza</p> <p>Cheese Pizza</p> <p>Pepperoni Pizza</p> <p>Meat Lovers Pizza</p>	<p>South Western Pizza</p> <p>Hawaiian Pizza</p> <p>Cheese Pizza</p> <p>Pepperoni Pizza</p> <p>Meat Lovers Pizza</p>
<p>Sandwich & Deli</p> <p>Cold Sandwiches Made Fresh Your Way</p> <p>Available: Tortilla Wraps, Rolls, and WW Bread, Turkey, Ham, Tuna Salad, Chicken, Hummus (V) American Cheese, Lettuce, Tomato</p>	<p>Turkey & Ham Sandwiches (Deli & Grab & Go)</p> <p>Chicken Caesar Salad</p> <p>Chef Salad</p> <p>Chicken Parmesan Wrap</p> <p>Cheese Stick & Yogurt Meal</p>	<p>Turkey & Ham Sandwiches (Deli & Grab & Go)</p> <p>Chicken Caesar Salad</p> <p>Chef Salad</p> <p>Little Italy Wrap</p> <p>Cheese Stick & Yogurt Meal</p>	<p>Turkey & Ham Sandwiches (Deli & Grab & Go)</p> <p>Chicken Caesar Salad</p> <p>Chef Salad</p> <p>Buffalo Chicken Wrap</p> <p>Cheese Stick & Yogurt Meal</p>	<p>Turkey & Ham Sandwiches (Deli & Grab & Go)</p> <p>Chicken Caesar Salad</p> <p>Chef Salad</p> <p>Little Italy Wrap</p> <p>Cheese Stick & Yogurt Meal</p>	<p>Turkey & Ham Sandwiches (Deli & Grab & Go)</p> <p>Chicken Caesar Salad</p> <p>Chef Salad</p> <p>Chicken Ranchero Wrap</p> <p>Cheese Stick & Yogurt Meal</p>
<p>SALAD BAR</p> <p>Cold Fruit & Vegetable Bar Offered Daily</p> <p>Featuring fresh seasonal produce including local items as available</p>	<p>Tossed Salad Mix</p> <p>Fresh Local Apples</p> <p>Chilled Peaches</p> <p>Confetti Coleslaw</p> <p>Tomatoes, Broccoli & Cauliflower (HH)</p>	<p>Tossed Salad Mix</p> <p>Fresh Local Apples</p> <p>Chilled Peaches</p> <p>Homemade Chick Pea Salad</p> <p>Tomatoes, Broccoli & Cauliflower (HH)</p>	<p>Tossed Salad Mix</p> <p>Fresh Local Apples</p> <p>Chilled Peaches</p> <p>Three bean salad</p> <p>Tomatoes, Broccoli & Cauliflower (HH)</p>	<p>Tossed Salad Mix</p> <p>Petite Banana</p> <p>Chilled Pears</p> <p>Confetti Coleslaw</p> <p>Tomatoes, Broccoli & Cauliflower</p>	<p>Tossed Salad Mix</p> <p>Fresh Pears</p> <p>Chilled Pineapple</p> <p>Homemade Macaroni Salad</p> <p>Tomatoes, Broccoli & Cauliflower (HH)</p>

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Station	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
<p>TIGER DEN DAILY SPECIAL</p> <p>Favorite Comfort Foods & International Flavors Served Your Way</p>	<p>MASHED POTATO BOWL</p> <p>Chicken Nuggets</p> <p>Mashed Potatoes</p> <p>Homemade Chicken Gravy</p> <p>Seasoned Mixed Veggies (HH)</p> <p>Whole Grain Biscuit</p>	<p>Nacho Bar Featuring Seasoned Taco Meat</p> <p>Refried Beans</p> <p>Whole Wheat Tortilla or Tortilla Chips</p> <p>Salsa</p> <p>Sour Cream</p> <p>Fresh Cilantro</p> <p>Tomatoes</p>	<p>SOUTHERN BOWL</p> <p>Honey BBQ Chicken</p> <p>Potato Salad</p> <p>Seasoned Corn</p> <p>Fresh Baked Biscuit</p> <p>Honey BBQ Sauce</p>	<p>ASIAN RICE BOWL</p> <p>Teriyaki Beef Dippers</p> <p>Egg Rolls</p> <p>Brown Rice (HH)</p> <p>Cooked Carrots</p> <p>Homemade Teriyaki Sauce</p>	<p>Made to Order Submarine Sandwich Bar</p>
<p>BURGERS</p> <p>Cheese Burgers, & Breaded Chicken Sandwiches Featured Daily</p>	<p>Chicken Burger</p> <p>Spicy Chicken Burger</p> <p>Cheese Burger</p> <p>Garden Burger</p> <p>Swiss Dip Sandwich</p> <p>Oven French Fries</p>	<p>Chicken Burger</p> <p>Spicy Chicken Burger</p> <p>Cheese Burger</p> <p>Garden Burger</p> <p>Ham & Swiss Cheese on Ciabatta</p> <p>Oven French Fries</p>	<p>Chicken Burger</p> <p>Spicy Chicken Burger</p> <p>Cheese Burger</p> <p>Garden Burger</p> <p>Chicken Corn Dog</p> <p>Seasoned Potato Wedges</p>	<p>Chicken Burger</p> <p>Spicy Chicken Burger</p> <p>Cheese Burger</p> <p>Garden Burger</p> <p>Alpine Swiss Burger</p> <p>Seasoned Curly Fries</p>	<p>Chicken Burger</p> <p>Spicy Chicken Burger</p> <p>Cheese Burger</p> <p>Garden Burger</p> <p>Bacon Cheddar Burger</p> <p>Oven French Fries</p>
<p>Eatsa Pizza</p> <p>Classic Cheese Pizza (V) Baked Daily</p>	<p>South Western Pizza</p> <p>Hawaiian Pizza</p> <p>Cheese Pizza</p> <p>Pepperoni Pizza</p> <p>Meat Lovers Pizza</p>	<p>South Western Pizza</p> <p>Hawaiian Pizza</p> <p>Cheese Pizza</p> <p>Pepperoni Pizza</p> <p>Meat Lovers Pizza</p>	<p>South Western Pizza</p> <p>Hawaiian Pizza</p> <p>Cheese Pizza</p> <p>Pepperoni Pizza</p> <p>Meat Lovers Pizza</p>	<p>South Western Pizza</p> <p>Hawaiian Pizza</p> <p>Cheese Pizza</p> <p>Pepperoni Pizza</p> <p>Meat Lovers Pizza</p>	<p>South Western Pizza</p> <p>Hawaiian Pizza</p> <p>Cheese Pizza</p> <p>Pepperoni Pizza</p> <p>Meat Lovers Pizza</p>
<p>Sandwich & Deli</p> <p>Cold Sandwiches Made Fresh Your Way</p> <p>Available: Tortilla Wraps, Rolls, and WW Bread, Turkey, Ham, Tuna Salad, Chicken, Hummus (V) American Cheese, Lettuce, Tomato</p>	<p>Turkey & Ham Sandwiches (Deli & Grab & Go)</p> <p>Chicken Caesar Salad</p> <p>Chef Salad</p> <p>Chicken Parmesan Wrap</p> <p>Cheese Stick & Yogurt Meal</p>	<p>Turkey & Ham Sandwiches (Deli & Grab & Go)</p> <p>Chicken Caesar Salad</p> <p>Chef Salad</p> <p>Chicken Caesar Wrap</p> <p>Cheese Stick & Yogurt Meal</p>	<p>Turkey & Ham Sandwiches (Deli & Grab & Go)</p> <p>Chicken Caesar Salad</p> <p>Chef Salad</p> <p>Little Italy Wrap</p> <p>Cheese Stick & Yogurt Meal</p>	<p>Turkey & Ham Sandwiches (Deli & Grab & Go)</p> <p>Chicken Caesar Salad</p> <p>Chef Salad</p> <p>BBQ Chicken Wrap</p> <p>Cheese Stick & Yogurt Meal -</p>	<p>Turkey & Ham Sandwiches (Deli & Grab & Go)</p> <p>Chicken Caesar Salad</p> <p>Chef Salad</p> <p>Chicken Ranchero Wrap</p> <p>Cheese Stick & Yogurt Meal</p>
<p>SALAD BAR</p> <p>Cold Fruit & Vegetable Bar Offered Daily</p> <p>Featuring fresh seasonal produce including local items as available</p>	<p>Tossed Salad Mix</p> <p>Fresh Local Apples</p> <p>Chilled Peaches</p> <p>Confetti Coleslaw</p> <p>Tomatoes, Broccoli & Cauliflower (HH)</p>	<p>Tossed Salad Mix</p> <p>Fresh Local Apples</p> <p>Chilled Mixed Fruit</p> <p>Three bean salad</p> <p>Tomatoes, Broccoli & Cauliflower (HH)</p>	<p>Tossed Salad Mix</p> <p>Fresh Local Apples</p> <p>Chilled Peaches</p> <p>Homemade Chick Pea Salad</p> <p>Tomatoes, Broccoli & Cauliflower (HH)</p>	<p>Tossed Salad Mix</p> <p>Petite Banana</p> <p>Chilled Peaches</p> <p>Homemade Macaroni Salad</p> <p>Tomatoes, Broccoli & Cauliflower</p>	<p>Tossed Salad Mix</p> <p>Fresh Pears</p> <p>Chilled Pineapple</p> <p>Three bean salad</p> <p>Tomatoes, Broccoli & Cauliflower (HH)</p>

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Station	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
<p>TIGER DEN DAILY SPECIAL</p> <p>Favorite Comfort Foods & International Flavors Served Your Way</p>	<p>MLK Day No School</p> 	<p>FIESTA POTATO BOWL</p> <p>Spicy Mexican Beef</p> <p>Whole Baked Potato</p> <p>Salsa</p> <p>Steamed Broccoli Cuts (HH)</p> <p>Homemade Corn Bread</p> <p>Cheddar Cheese Sauce</p>	<p>AMERICAN DINER BOWL</p> <p>Roast Turkey w/ Gravy</p> <p>Mashed Potatoes Gravy</p> <p>Golden Corn</p> <p>Dinner Roll</p>	<p>Cooks Choice</p>	<p>BRUNCH FOR LUNCH BOWL</p> <p>Western Scrambled Eggs</p> <p>Sausage</p> <p>Hash Browns</p> <p>Whole Wheat Pancake</p> <p>Warm Syrup</p>
<p>BURGERS</p> <p>Cheese Burgers, & Breaded Chicken Sandwiches Featured Daily</p>	<p>No School</p>	<p>Chicken Burger</p> <p>Spicy Chicken Burger</p> <p>Cheese Burger</p> <p>Garden Burger</p> <p>Ham & Swiss Cheese on Ciabatta</p> <p>Oven French Fries</p>	<p>Chicken Burger</p> <p>Spicy Chicken Burger</p> <p>Cheese Burger</p> <p>Garden Burger</p> <p>Cheddar Onion Burger</p> <p>Seasoned Curly Fries</p>	<p>Chicken Burger</p> <p>Spicy Chicken Burger</p> <p>Cheese Burger</p> <p>Garden Burger</p> <p>Breaded Chicken Del Sol on a w/w Bun</p> <p>Potato Wedges</p>	<p>Chicken Burger</p> <p>Spicy Chicken Burger</p> <p>Cheese Burger</p> <p>Garden Burger</p> <p>Grilled Cheese Sandwich</p> <p>Oven French Fries</p>
<p>Eatsa Pizza</p> <p>Classic Cheese Pizza (V) Baked Daily</p>	<p>MLK Day No School</p> 	<p>South Western Pizza</p> <p>Hawaiian Pizza</p> <p>Cheese Pizza</p> <p>Pepperoni Pizza</p> <p>Meat Lovers Pizza</p>	<p>South Western Pizza</p> <p>Hawaiian Pizza</p> <p>Cheese Pizza</p> <p>Pepperoni Pizza</p> <p>Meat Lovers Pizza</p>	<p>South Western Pizza</p> <p>Hawaiian Pizza</p> <p>Cheese Pizza</p> <p>Pepperoni Pizza</p> <p>Meat Lovers Pizza</p>	<p>South Western Pizza</p> <p>Hawaiian Pizza</p> <p>Cheese Pizza</p> <p>Pepperoni Pizza</p> <p>Meat Lovers Pizza</p>
<p>Sandwich & Deli</p> <p>Cold Sandwiches Made Fresh Your Way</p> <p>Available: Tortilla Wraps, Rolls, and WW Bread, Turkey, Ham, Tuna Salad, Chicken, Hummus (V) American Cheese, Lettuce, Tomato</p>	<p>No School</p>	<p>Turkey & Ham Sandwiches (Deli & Grab & Go)</p> <p>Chicken Caesar Salad</p> <p>Chef Salad</p> <p>Chicken Caesar Wrap</p> <p>Cheese Stick & Yogurt Meal</p>	<p>Turkey & Ham Sandwiches (Deli & Grab & Go)</p> <p>Chicken Caesar Salad</p> <p>Chef Salad</p> <p>BBQ Chicken Wrap</p> <p>Cheese Stick & Yogurt Meal</p>	<p>Turkey & Ham Sandwiches (Deli & Grab & Go)</p> <p>Chicken Ranch Wrap</p> <p>Chicken Caesar Salad</p> <p>Chef Salad</p> <p>Chicken Parmesan Wrap</p> <p>Cheese Stick & Yogurt Meal</p>	<p>Turkey & Ham Sandwiches (Deli & Grab & Go)</p> <p>Chicken Caesar Salad</p> <p>Chef Salad</p> <p>Chicken Cordon Bleu Wrap</p> <p>Cheese Stick & Yogurt Meal</p>
<p>SALAD BAR</p> <p>Cold Fruit & Vegetable Bar Offered Daily</p> <p>Featuring fresh seasonal produce including local items as available</p>	<p>MLK Day No School</p> 	<p>Tossed Salad Mix</p> <p>Fresh Local Apples</p> <p>Chilled Mixed Fruit</p> <p>Three bean salad</p> <p>Tomatoes, Broccoli & Cauliflower (HH)</p>	<p>Tossed Salad Mix</p> <p>Fresh Local Apples</p> <p>Chilled Peaches</p> <p>Crunchy Spinach Salad w/ Balsamic Vinegar</p> <p>Tomatoes, Broccoli & Cauliflower(HH)</p>	<p>Tossed Salad Mix</p> <p>Petite Banana</p> <p>Chilled Peas</p> <p>Homemade Macaroni Salad</p> <p>Tomatoes, Broccoli & Cauliflower</p>	<p>Tossed Salad Mix</p> <p>Fresh Pears</p> <p>Chilled Pineapples</p> <p>Three bean salad</p> <p>Tomatoes, Broccoli & Cauliflower (HH)</p>

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Station	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday 1
<p>TIGER DEN DAILY SPECIAL</p> <p>Favorite Comfort Foods & International Flavors Served Your Way</p>	<p>PLC Day No School</p>	<p>STUFFED PASTA BOWL Cheese Ravioli—or Tricolor Cheese Tortellini Red Marinara Sauce (HH) Creamy Roasted Garlic Sauce Shredded Mozzarella Seasoned Fresh Carrots (HH) Whole Wheat Toasted Garlic Bun</p>	<p>Asian Lo Mein Noodle Bowl Julienne Pork Yakisoba Oriental Blend Veggies Fortune Cookie Lo Mein Sauce</p>	<p>Cooks Choice</p>	<p>Made to Order Submarine Sandwich Bar</p>
<p>BURGERS</p> <p>Cheese Burgers, & Breaded Chicken Sandwiches Featured Daily</p>	<p>PLC Day No School</p>	<p>Chicken Burger Spicy Chicken Burger Cheese Burger Garden Burger Ham & Swiss Cheese on Ciabatta Oven French Fries</p>	<p>Chicken Burger Spicy Chicken Burger Cheese Burger Garden Burger Bacon Cheddar Burger Seasoned Curly Fries</p>	<p>Chicken Burger Spicy Chicken Burger Cheese Burger Garden Burger San Francisco Melt Oven French Fries</p>	<p>Chicken Burger Spicy Chicken Burger Cheese Burger Garden Burger Chipotle Cheese Burger on a w/w Bun Oven French Fries</p>
<p>Eatsa Pizza</p> <p>Classic Cheese Pizza (V) Baked Daily</p>	<p>PLC Day No School</p>	<p>South Western Pizza Hawaiian Pizza Cheese Pizza Pepperoni Pizza Meat Lovers Pizza</p>	<p>South Western Pizza Hawaiian Pizza Cheese Pizza Pepperoni Pizza Meat Lovers Pizza</p>	<p>South Western Pizza Hawaiian Pizza Cheese Pizza Pepperoni Pizza Meat Lovers Pizza</p>	<p>South Western Pizza Hawaiian Pizza Cheese Pizza Pepperoni Pizza Meat Lovers Pizza</p>
<p>Sandwich & Deli</p> <p>Cold Sandwiches Made Fresh Your Way</p> <p>Available: Tortilla Wraps, Rolls, and WW Bread, Turkey, Ham, Tuna Salad, Chicken, Hummus (V) American Cheese, Lettuce, Tomato</p>	<p>PLC Day No School</p>	<p>Turkey & Ham Sandwiches (Deli & Grab & Go) Chicken Caesar Salad Chef Salad Chicken Ranchero Wrap Cheese Stick & Yogurt Meal</p>	<p>Turkey & Ham Sandwiches (Deli & Grab & Go) Chicken Caesar Salad Chef Salad Chicken Caesar Wrap Cheese Stick & Yogurt Meal</p>	<p>Turkey & Ham Sandwiches (Deli & Grab & Go) Chicken Caesar Salad Chef Salad Little Italy Wrap Cheese Stick & Yogurt Meal</p>	<p>Turkey & Ham Sandwiches (Deli & Grab & Go) Chicken Caesar Salad Chef Salad Honey Mustard Chicken Wrap Cheese Stick & Yogurt Meal</p>
<p>SALAD BAR</p> <p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	<p>PLC Day No School</p>	<p>Tossed Salad Mix Fresh Local Apples Chilled Mixed Fruit Three bean salad Tomatoes, Broccoli & Cauliflower (HH)</p>	<p>Tossed Salad Mix Fresh Local Apples Chilled Peaches Homemade Antipasto Salad Tomatoes, Broccoli & Cauliflower (HH)</p>	<p>Tossed Salad Mix Petite Banana Chilled Pears Homemade Macaroni Salad Tomatoes, Broccoli & Cauliflower</p>	<p>Tossed Salad Mix Fresh Pears Chilled Pineapple Three bean salad Tomatoes, Broccoli & Cauliflower (HH)</p>