

COMPASS LUNCH MENU

2024-2025 2nd SEMESTER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Entrée	Bosco Sticks with Marinara Sauce Regular or Spicy Chicken Sandwich on WG Bun Hot 'n Spicy Chicken Salad with WG Dinner Roll	BBQ Rib Sandwich ^P on WG Bun Popcorn Chicken Bowl Ham and Cheese Croissant Sandwich	BBQ Pulled Pork ^P Sandwich Nachos Grande with Tostitos Taco Salad with Tostitos	Mozzarella Sticks with Marinara Sauce Hamburger or Cheeseburger on WG Bun Popcorn Chicken Salad with WG Dinner Roll	Cheese or Peppperoni Pizza Slice Soft Shell Tacos Yogurt with Cheese Stick and Muffin
	Veggies	Fresh Veggie Tray with Dip Green Beans	Fresh Veggie Tray with Dip Broccoli	Fresh Veggie Tray with Dip Refried Beans with Cheese	Fresh Veggie Tray with Dip Baked Beans	Fresh Veggie Tray with Dip Corn
Week 2	Entrée	Cheese or Pepperoni Pizza Pull-Aparts Chicken Tenders with WG Dinner Roll Hot 'n Spicy Chicken Salad with WG Dinner Roll	Calzone with Marinara Sauce Chicken Tinga Quesadilla Turkey and Ham Club on WG Hoagie Roll	Chicken Drumstick with Waffle Nachos Grande with Tostitos Taco Salad with Tostitos	Pork Tenderloin ^P Sandwich on WG Bun Hamburger or Cheeseburger on WG Bun Popcorn Chicken Salad with WG Dinner Roll	French Toast Sticks with Sausage Patties Boneless Chicken Wings with Choice of Sauce and WG Dinner Roll Yogurt with Cheese Stick and Muffin
	Veggies	Fresh Veggie Tray with Dip Green Beans	Fresh Veggie Tray with Dip Broccoli	Fresh Veggie Tray with Dip Refried Beans with Cheese	Fresh Veggie Tray with Dip Baked Beans	Fresh Veggie Tray with Dip Corn

WG = whole grain

^P = contains pork

Fruit and Low Fat/
Skim Milk offered daily

Additional entrée option of
PBJ Uncrustable (5.3 oz) offered each day

Students must take 3 of the 5 food components (one must be a fruit or vegetable) to be considered a reimbursable meal

JANUARY 2025

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

FEBRUARY 2025

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

MARCH 2025

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

APRIL 2025

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

MAY 2025

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30



COMPASS BREAKFAST MENU

2024-2025 2nd SEMESTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	J&J Bar	Sausage Pancake on a Stick	Mini French Toast	WG Pillsbury Mini Cinni	WG Breakfast Bar (Dunkin' Sticks)
Week 2	WG Cinnamon Toast Crunch Bar	Breakfast Pizza Bagel (Nardone's product P contains meat & pork)	WG Sweet Roll	Chicken and Waffle Sandwich	WG Breakfast Burrito

WG = whole grain
P = contains pork

Fruit, Juice, & Low Fat/Skim Milk offered daily

Students must take 3 of the 4 food components (one must be a fruit or juice) to be considered a reimbursable meal



JANUARY 2025					FEBRUARY 2025					MARCH 2025					APRIL 2025					MAY 2025				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
		1	2	3	3	4	5	6	7	3	4	5	6	7		1	2	3	4				1	2
6	7	8	9	10	10	11	12	13	14	10	11	12	13	14	7	8	9	10	11	5	6	7	8	9
13	14	15	16	17	17	18	19	20	21	17	18	19	20	21	14	15	16	17	18	12	13	14	15	16
20	21	22	23	24	24	25	26	27	28	24	25	26	27	28	21	22	23	24	25	19	20	21	22	23
27	28	29	30	31						31					28	29	30			26	27	28	29	30

Menus subject to change. The institution is an equal opportunity provider.