



# COMPASS LUNCH MENU

## 2026-2027 1st 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	Chicken & Cheese Empanadas  Chicken Tinga Quesadilla  Ham and Cheese Croissant Sandwich with Pickle Spear	Maple Chicken Bites with WG Waffle  Beef Nachos Grande  Beef Taco Salad with Tostitos	Buffalo Chicken Mac 'n Cheese with WG Dinner Roll  Hamburger or Cheeseburger on WG Bun  BLT Salad <b>P</b> with WG Dinner Roll	Cheese ➤ or Peppperoni Pizza Slice  Beef Soft Shell Tacos  Bistro Box
	Veggies	Fresh Veggie Tray with Dip Green Beans <b>P</b>	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	Mozzarella Sticks with Marinara Sauce  Chicken Tenders with WG Dinner Roll  Hot 'n Spicy Chicken Salad with WG Dinner Roll	BBQ Rib Sandwich on WG Hoagie Bun <b>P</b>  Penne Rosa with Garlic Toast ➤  Turkey and Ham Club on WG Hoagie Roll with Pickle Spear	Chicken Egg Roll with Sweet and Sour Sauce  Pulled Pork Nachos Grande <b>P</b>  Pulled Pork Taco Salad with Tostitos <b>P</b>	WG Cinnamon Roll with Cheese Omelet ➤  Hamburger or Cheeseburger on WG Bun  Chicken Caesar Salad with Croutons	Cheese ➤ or Peppperoni Pizza Slice  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 <b>P</b>	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  ➤ = vegetarian (no meat) 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
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JUL/AUG 2026					SEPTEMBER 2026					OCTOBER 2026					NOVEMBER 2026					DECEMBER 2026				
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
27	28	29	30	31		1	2	3	4				1	2	2	3	4	5	6		1	2	3	4
3	4	5	6	7	7	8	9	10	11	5	6	7	8	9	9	10	11	12	13	7	8	9	10	11
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Menus subject to change. The institution is an equal opportunity provider.



# COMPASS BREAKFAST MENU 2026-2027 1st SEMESTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	J&J Bar ➤	Sausage Pancake on a Stick	Mini Eggo Bites ➤	Pillsbury Mini Cinni ➤ (Caramel or Cinnamon)	WG Breakfast Bar ➤ (Dunkin' Sticks)
Week 2	<b>PMMS</b> WG Donut Holes ➤	Breakfast Pizza Bagel <b>P</b>	WG Sweet Roll ➤	WG Breakfast Sandwich	Otis Spunkmeyer WG Muffin ➤ (4 oz)

WG = Whole Grain  
➤ = vegetarian (no meat)  
**P** = contains pork

Fruit, Juice, & Low Fat/Skim Milk offered daily  
WG Pop Tart (2 ct) ➤ offered daily  
SMS also offers cereal (2 oz) ➤ each day

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



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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
27	28	29	30	31		1	2	3	4				1	2	2	3	4	5	6		1	2	3	4
3	4	5	6	7	7	8	9	10	11	5	6	7	8	9	9	10	11	12	13	7	8	9	10	11
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