



COMPASS LUNCH MENU 2023-2024 2ND SEMESTER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Entrée	Nachos Grande with Tostitos Bosco Sticks with Marinara Sauce Turkey and Cheese Sub	Regular Chicken Sandwich on WG Bun Calzone with Marinara Sauce Yogurt with Cheese Stick and Muffin	Chicken Smackers with WG Dinner Roll Chicken Parmesan Sandwich on WG Bun Deli Wrap	Mozzarella Sticks with Marinara Sauce Regular Chicken Tender Wrap Popcorn Chicken Salad with WG Dinner Roll	BBQ Rib Sandwich on WG Bun Hamburger or Cheeseburger on WG Bun Hot Ham and Cheese on WG Bun
	Vegetables	<i>Fresh Veggie Tray with Dip Seasoned Potatoes Refried Beans</i>	<i>Fresh Veggie Tray with Dip Potato Smiles</i>	<i>Fresh Veggie Tray with Dip Green Beans</i>	<i>Fresh Veggie Tray with Dip Steamed Broccoli</i>	<i>Fresh Veggie Tray with Dip Tater Tots</i>
Week 2	Entrée	Chicken Drumstick with WG Waffle Bosco Sticks with Marinara Sauce Yogurt with Cheese Stick and Muffin	Regular Chicken Sandwich on WG Bun Calzone with Marinara Sauce Yogurt with Cheese Stick and Muffin	Rattlesnake Pasta Bowl Buffalo Chicken Sandwich on WG Bun Deli Wrap	Mozzarella Sticks with Marinara Sauce Regular Chicken Tender Wrap Yogurt Parfait with Grahams	BBQ Rib Sandwich on WG Bun Hamburger or Cheeseburger on WG Bun Firecracker Chicken Salad with WG Dinner Roll
	Vegetables	<i>Fresh Veggie Tray with Dip Seasoned Potatoes</i>	<i>Fresh Veggie Tray with Dip Potato Smiles</i>	<i>Fresh Veggie Tray with Dip Green Beans</i>	<i>Fresh Veggie Tray with Dip Steamed Broccoli</i>	<i>Fresh Veggie Tray with Dip Tater Tots Baked Beans</i>
WG = whole grain		Fruit and Low Fat/ Skim Milk offered daily		Additional entrée option of PBJ Uncrustable (5.3 oz) offered each day		Students must take a fruit or vegetable to be considered a reimbursable meal

JAN 2024					FEB 2024					MAR 2024					APR 2024					MAY 2024					
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	4	5				1	2					1	1	2	3	4	5				1	2	3
8	9	10	11	12	5	6	7	8	9	4	5	6	7	8	8	9	10	11	12	6	7	8	9	10	
15	16	17	18	19	12	13	14	15	16	11	12	13	14	15	15	16	17	18	19	13	14	15	16	17	
22	23	24	25	26	19	20	21	22	23	18	19	20	21	22	22	23	24	25	26	20	21	22	23	24	
29	30	31	26	27	28	29						29	30						27	28	29	30	31		

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



COMPASS BREAKFAST MENU 2023-2024 2ND SEMESTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Pillsbury Frudel (Apple or Cherry)	WG Breakfast Bar (Dunkin' Sticks)	Sausage Pancake on a Stick	WG Donut Holes in a Cup	Pillsbury Mini Cinni
Week 2	WG Waffle	Otis Spunkmeyer WG Muffin (4 oz)	Chicken and Waffle Sandwich	Eggo Bites (Cook's Choice)	Tony's Breakfast Pizza Bagel
	WG = whole grain	Fruit, Juice, & Low Fat/Skim Milk offered daily		Students must take a fruit 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	
1	2	3	4	5				1	2					1	1	2	3	4	5				1	2	3
8	9	10	11	12	5	6	7	8	9	4	5	6	7	8	8	9	10	11	12	6	7	8	9	10	
15	16	17	18	19	12	13	14	15	16	11	12	13	14	15	15	16	17	18	19	13	14	15	16	17	
22	23	24	25	26	19	20	21	22	23	18	19	20	21	22	22	23	24	25	26	20	21	22	23	24	
29	30	31	26	27	28	29	25	26	27	28	29	29	30	27	28	29	30	31							

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