

# Longview High School "Leaf & Ladle" 2016-2017

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This menu is set up as a "Grab & Go" with a weekly rotating menu.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Weekly</b>	<b>Chef Salad</b> (chopped romaine, ham, turkey, boiled eggs, tomatoes, cucumbers, and shredded cheese) <b>Choice of Italian or Ranch Dressing</b> <b>Broccoli and Cheese Soup</b> <b>Crackers</b> <b>Red Apple</b> <b>Banana</b> <b>Milk</b>	<b>Red, White, and Blue Spinach Salad</b> (Chopped romaine, diced chicken, sliced strawberries, blueberries, and feta cheese) <b>Served with a Strawberry Vinaigrette</b> <b>Chicken and Rice Soup</b> <b>Crackers</b> <b>Cantaloupe</b> <b>Honey Dew Melon</b> <b>Milk</b>	<b>Taco Salad</b> (Ground beef, romaine, tomatoes, and shredded cheese on corn tortilla chips) <b>Served with Salsa</b> <b>Spanish Brown Rice</b> <b>Beef Taco Soup</b> <b>Crackers</b> <b>Strawberries</b> <b>Milk</b>	<b>Southwest Cobb</b> (Shredded Romaine, diced chicken, tomatoes, corn, black beans, and shredded cheese) <b>Served with your choice of Ranch, Italian, or Salsa</b> <b>Chicken Gumbo</b> <b>Crackers</b> <b>Green Apple</b> <b>Red Grapes</b> <b>Milk</b>	<b>Greek Salad</b> (Shredded Romaine, sliced olives, sliced red onions, tomatoes, cucumbers, parmesan cheese, diced chicken) <b>Served with Italian Dressing</b> <b>Minestrone Soup</b> <b>Crackers</b> <b>Pineapple</b> <b>Orange</b> <b>Milk</b>