# Wilmington Staff Lunch Menu

#### **Ordering Information –**

Please e-mail your order by 8:50am to <u>hskitchen1@wilmington.k12.oh.us</u> You may call and leave a voicemail order for the following day. Please call 283-7447. Please include your name, building, delivery date & extension number with your voicemail.

# Entrée Salads \$5.00

All entrée salads come with your choice of one of the following salad dressings. Lite Ranch, Buffalo Ranch, Honey French, Golden Italian, Balsamic Vinaigrette, Honey Mustard, & Caesar. All Salads come with a Garlic Herb Croutons. Extra dressing packets can be purchased for \$.50 each.

# **Chef Salad**

A bed of Romaine & Iceberg Lettuces topped with Turkey, Ham, Hard Boiled Egg, Shredded Cheddar Cheese, Grape Tomatoes & Sliced Cucumbers.

# **Cobb Salad**

A bed of Romaine & Iceberg Lettuces topped with Turkey, Bacon, Hard Boiled Egg, Shredded Cheddar Cheese, Grape Tomatoes & Sliced Cucumbers.

#### **Chicken Caesar Salad**

A bed of Romaine & Iceberg Lettuces with Popcorn Chicken Bites, shredded Parmesan Cheese and Croutons.

# **Chicken BLT Salad**

A bed of Romaine & Iceberg Lettuces topped with Popcorn Chicken bites, Bacon, shredded Cheddar Cheese, Grape Tomatoes & Sliced Cucumbers.

# Garden Salad

A bed of Romaine & Iceberg Lettuces topped with Grape Tomatoes, Sliced Cucumbers, Green Bell Pepper, Broccoli, & Red Onion.

# **Build Your Own Salad**

Choose from the following toppings: Ham, Turkey, Bacon, Popcorn Chicken, Hard Boiled Egg, Shredded, Cheddar Cheese, Grape Tomato, Cucumber, Green Bell Pepper, Banana Peppers, Jalapenos.

# Sandwiches \$5.00

Your choice of Wheat Hoagie Roll, Wheat Hamburger Bun, or Wheat Tortilla Wrap

BLT - Piles of Bacon, Leaf Lettuce, & Sliced Tomato on your choice of bread

**Italian** -Layers of sliced Ham, Salami, Pepperoni, & Cheese topped with leaf lettuce, sliced tomato, red onion, & banana peppers. Italian dressing served on the side

#### **Create your Own Sandwich**

**Protein (Choose up to 2)** – Ham, Turkey, Popcorn Chicken, Pepperoni, Salami, Bacon, Hard Boiled Egg

**Cheese (Choose 1)**– Pepper jack, American, Swiss, Cheddar, Shredded Cheddar Toppings – Leaf Lettuce, Sliced Tomato, Red Onion, Sliced Cucumber, Banana Peppers, Jalapeños, Pickles

**Condiments (upon request)** – Ranch, Buffalo Ranch, Italian Dressing, Mayo, Mustard

#### A La Carte

**Yogurt Parfait** – Low fat Vanilla yogurt layered with blueberries or strawberries and topped with a Honey Oat Granola \$4.75

**Baked Potato** – Freshly Baked Potato with Shredded Cheddar Cheese, Bacon, Butter & Sour Cream all served on the side. \$2.00

\*All Salads & Sandwiches are accompanied by a cookie and your choice of fresh fruit or a bag of chips