

Staff Lunch Menu

Please call in all orders (283-7447) by 9:00am. You may also leave a voicemail for the following day. Please include your name, building, delivery date and extension number. Email address: hskitchen1@wilmington.k12.oh.us

Salads \$5.00

Dressings available: Lite Ranch, Country French, Lite Italian, Balsamic Vinaigrette, Raspberry Vinaigrette (fat free) and Honey Mustard

Chef Salad

Turkey, ham, shredded American cheese, broccoli, tomato, and croutons on a bed of mixed greens

Cobb Salad

Turkey, bacon, shredded American cheese, egg and tomato arranged on a bed of mixed greens

Crispy Chicken Salad

Popcorn chicken bites, shredded mozzarella and American cheese, diced tomato and sliced red onion on a bed of mixed greens

Chicken BLT Salad

Popcorn chicken bites, chopped bacon, shredded American, cherry tomato, cucumber slices and croutons on a bed of mixed greens

Antipasto Salad

Ham, pepperoni, shredded mozzarella, cherry tomato and sliced banana peppers on a bed of mixed greens

Garden Salad

Shredded carrot, cucumber, green pepper, red onion and tomato on a bed of mixed greens

Sandwiches \$5.00

Your choice of a wheat hoagie roll, hamburger bun, or tortilla wrap

BLT

Bacon, lettuce, and tomato with ranch dressing on the side

Italian

Salami, pepperoni, ham, lettuce, tomato, onion, banana peppers, mozzarella cheese and Italian dressing on the side

Create your own (salad or sandwich)

Meats: Turkey, ham, popcorn chicken, pepperoni and salami

Fixins: Lettuce, tomato, American, Swiss, Mozzarella or Colby Jack cheese, cucumber, egg, banana peppers, jalapenos, onion, green pepper, croutons and bacon

**Mayo and mustard packets available upon request*

***All salads and sandwiches are accompanied by a cookie and your choice of fresh fruit or a bag of chips.**

Signature Sauces

*Available upon request for sandwiches (comes on the side)

Chipotle Ranch – a little spicy, but a lot delicious

Buffalo Ranch – can you handle the kick?

Italian Dressing – why mess with perfection

A la carte

Yogurt Parfait – low fat vanilla yogurt layered with fruit and topped with oatmeal cookie pieces - \$ 2.50

Baked Potato - dressed on the side with cheese, sour cream, bacon and butter - \$2.50