



WHOLE SOME · DELICIOUS · PARENT APPROVED

SCHOOL LUNCH PROGRAM

Freshly prepared meals with no preservatives. Every lunch is individually packaged, labeled with each student's name and class, and delivered to the school on schedule.

LUNCH MENU

SOUVLAKI BOWLS \$6.99

Choice of chicken or gyro with rice, roasted potatoes, broccoli, two Greek pita wedges and light herb sauce.

approx 660-810 Cal depending on protein

PITA WRAPS \$6.99

Gyro, chicken or crispy chicken, served with lettuce and garlic sauce.

420-570 Cal depending on protein

FALAFEL WRAP \$5.99

Crispy falafel with pita bread, tahini, lettuce, tomato, cucumber and crumbled feta.

approx 420 Cal

DRUMSTICK BOWL (2 PC) \$5.00

Two grilled chicken drumsticks with rice, roasted potatoes, broccoli and two Greek pita wedges.

approx 950 Cal

GREEK SALAD \$5.00

Traditional Greek salad with house dressing, olive oil and lemon.

150 Cal, 350 Cal with chicken

ADD CHICKEN +\$2.50

DIPS

Tzatziki, tahini or garlic sauce.

80-120 Cal per portion

PIZZA

CHEESE

\$13.00 pie / \$1.62 slice

225 Cal per slice

ONE TOPPING

\$13.50 pie / \$1.69 slice

250 Cal per slice

TWO TOPPINGS

\$13.75 pie / \$1.72 slice

275 Cal per slice

THREE TOPPINGS

\$13.99 pie / \$1.75 slice

300 Cal per slice



Adults and youth (ages 13 and older) need an average of 2,000 calories per day, and children (ages 4 to 12) need an average of 1,500 calories per day. Individual needs vary. Prices do not include taxes.