

Daily Options

1/2 pint water

1/2 liter water

Baby carrots w/ low fat buttermilk ranch dressing or hummus

Polly-O string cheese

6 oz. organic Wild Berry yogurt drink

Gogurt Simple (no high fructose corn syrup)

5.5 oz. mixed fruit salad

Friday's Naturoll and Demarest Pizzeria

California Roll

Chicken Tempura Roll

Avocado Roll

Cucumber Roll

Chicken Teriyaki w/ Veggies & Rice

Sweet/Spicy Chicken w/ Veggies & Rice

Steamed Vegetable Dumplings (6)

Vegetable Fried Rice

Edamame

1/2 Meatball Hero

1/2 Meatball Parm Hero

1/2 Chicken Hero

1/2 Chicken Parm Hero

Penne w/ Tomato Sauce

Whole Wheat Penne w/ Tomato Sauce

Penne w/ Butter & Cheese

Whole Wheat Penne w/ Butter & Cheese

Baked Ziti w/ Ricotta & Mozzarella