



SEL STAFF MENU— 10/12/20—10/23/20



MONDAY

TURKEY SANDWICH

TURKEY, LETTUCE,
TOMATO
ON CIABATTA ROLL
SIDE OF CRANBERRY
SPREAD

OR

COBB SALAD

CHICKEN, BACON,
TOMATO, EGG,
BLUE CHEESE,
RANCH OR ITALIAN
DRESSING
PITA POCKET

YOUR CHOICE \$5.00

TUESDAY

BLT SANDWICH

BACON, LETTUCE,
TOMATO ON WHOLE
GRAIN BREAD

OR

GRILLED CHICKEN CAESAR SALAD

GRILLED CHICKEN,
ROMAINE LETTUCE,
PARMESAN CHEESE,
CAESAR DRESSING
PITA POCKET

YOUR CHOICE \$5.00

WEDNESDAY

HAM & SWISS SANDWICH

HAM, SWISS CHEESE,
LETTUCE, TOMATO ON
WHOLE GRAIN OR
RYE BREAD

OR

CHICKPEA SALAD

CHICKPEAS, ONION, RED
PEPPER RINGS, CELERY,
LETTUCE, TOMATO ON A
BED OF LETTUCE
PITA POCKET

YOUR CHOICE \$5.00

THURSDAY

CHICKEN SALAD SANDWICH

CHICKEN, CELERY,
FRESH DILL, PARSLEY &
MAYONNAISE, LETTUCE,
TOMATO ON CIABATTA
ROLL

OR

HOUSE SALAD

CHICKEN, CARROTS,
CUCUMBER, TOMATO,
RED ONION, CHEDDAR
CHEESE, CROUTONS,
PITA POCKET, RANCH OR
ITALIAN DRESSING

YOUR CHOICE \$5.00

FRIDAY

ITALIAN SUB SANDWICH

SALAMI, PEPPERONI,
HAM, PROVOLONE
CHEESE, LETTUCE,
TOMATO, ONION,
PEPPER RINGS ON SUB
ROLL

OR

GREEK SALAD W/ GRILLED CHICKEN

CHICKEN, ROMAINE
LETTUCE, FETA CHEESE,
OLIVES, RED ONION,
BANANA PEPPERS, GREEK
DRESSING
PITA POCKET

YOUR CHOICE \$5.00

A LA CARTE

HUMMUS & VEGGIES
\$2.50

PASTA SALAD
\$1.50

SIDE SALAD
\$2.50

SUNCHIPS
\$1.00

ORDERING INSTRUCTIONS

ORDERS MUST BE PLACED THE DAY
BEFORE OR BY 8:30 AM THE DAY OF.
PLEASE EMAIL BRIZEE@SEL.K12.OH.US
WITH YOUR ORDER.

LUNCHES WILL NEED TO BE CHARGED TO
YOUR MEAL ACCOUNTS. IF YOU DO NOT
HAVE AN ACCOUNT PLEASE SEND AN
EMAIL TO BRIZEE@SEL.K12.OH.US
OR CALL 691-2269

**MEALS ARE MADE
FRESH DAILY AND
WILL BE
DELIVERED TO
YOUR BUILDING
CAFETERIA FOR
PICK UP
BY
11:00 AM**

A LA CARTE

FRESH CUT FRUIT
\$2.50

APPLE OR ORANGE
.75

VANILLA YOGURT PARFAIT,
FRESH FRUIT & GRANOLA
\$2.50

COOKIES 3/\$1.00