



# SANDI COAST CAFE MENU

2022 - 2023

Healthy food.  
Successful students.  
FOOD & NUTRITION SERVICES  
www.sandi.net/food

**Menus are subject to change**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>OPTION #1</b></p> <ul style="list-style-type: none"> <li>● Teriyaki Chicken w/ Rice</li> </ul>	<p><b>OPTION #1</b></p> <ul style="list-style-type: none"> <li>● Beef Soft Taco</li> </ul>	<p><b>OPTION #1</b></p> <ul style="list-style-type: none"> <li>● Mandarin Chicken w/Rice</li> </ul>	<p><b>OPTION #1</b></p> <ul style="list-style-type: none"> <li>● Cheeseburger</li> </ul>	<p><b>OPTION #1</b></p> <ul style="list-style-type: none"> <li>● Chicken Nuggets w/Dinner Roll</li> </ul>
<p><b>OPTION #2</b></p> <ul style="list-style-type: none"> <li>● Chicken Tenders w/ Waffle</li> </ul>	<p><b>OPTION #2</b></p> <ul style="list-style-type: none"> <li>● Pepperoni Pizza</li> </ul>	<p><b>OPTION #2</b></p> <ul style="list-style-type: none"> <li>● Chicken Patty Sandwich w/ Lettuce &amp; Pickle cup</li> </ul>	<p><b>OPTION #2</b></p> <ul style="list-style-type: none"> <li>● Buffalo Chicken Pizza</li> </ul>	<p><b>OPTION #2</b></p> <ul style="list-style-type: none"> <li>● Chili Cheese Nachos</li> </ul>
<p><b>OPTION #3</b></p> <ul style="list-style-type: none"> <li>● Caesar Salad w/Chicken (on the side) Dinner Roll</li> </ul>	<p><b>OPTION #3</b></p> <ul style="list-style-type: none"> <li>● Mediterranean Salad w/Flatbread</li> </ul>	<p><b>OPTION #3</b></p> <ul style="list-style-type: none"> <li>● Scrambled Eggs w/ Potato Rounds and Graham Cracker</li> </ul>	<p><b>OPTION #3</b></p> <ul style="list-style-type: none"> <li>● Mediterranean Salad w/Flatbread</li> </ul>	<p><b>OPTION #3</b></p> <ul style="list-style-type: none"> <li>● Caesar Salad w/Chicken (on the side) Dinner Roll</li> </ul>
<p><b>OPTION #4</b></p> <ul style="list-style-type: none"> <li>● Chicken Ranch Wrap</li> </ul>	<p><b>OPTION #4</b></p> <ul style="list-style-type: none"> <li>● Buffalo Chicken Wrap</li> </ul>	<p><b>OPTION #4</b></p> <ul style="list-style-type: none"> <li>● Chicken Ranch Wrap</li> </ul>	<p><b>OPTION #4</b></p> <ul style="list-style-type: none"> <li>● Turkey &amp; Provolone Sandwich</li> </ul>	<p><b>OPTION #4</b></p> <ul style="list-style-type: none"> <li>● Buffalo Chicken Wrap</li> </ul>
<p><b>SIDES</b></p> <ul style="list-style-type: none"> <li>● Fresh Fruit</li> <li>● Fresh Vegetables</li> <li>● Salad Bar (at various locations)</li> </ul>	<p><b>SIDES</b></p> <ul style="list-style-type: none"> <li>● Fresh Fruit</li> <li>● Fresh Vegetables</li> <li>● Salad Bar (at various locations)</li> </ul>	<p><b>SIDES</b></p> <ul style="list-style-type: none"> <li>● Fresh Fruit</li> <li>● Fresh Vegetables</li> <li>● Salad Bar (at various locations)</li> </ul>	<p><b>SIDES</b></p> <ul style="list-style-type: none"> <li>● Fresh Fruit</li> <li>● Fresh Vegetables</li> <li>● Salad Bar (at various locations)</li> </ul>	<p><b>SIDES</b></p> <ul style="list-style-type: none"> <li>● Fresh Fruit</li> <li>● Fresh Vegetables</li> <li>● Salad Bar (at various locations)</li> </ul>

Please Remember to Take

**1/2 cup Fruit**

OR

**1/2 cup Vegetable**

You can take more than 1/2 cup

## COMPONENTS

- Vegetable
- Fruit
- Meat/Meat Alternative
- Grain
- Milk

NUTRITION/ALLERGENS



Sandi Coast Cafe  
2022-2023

Rev. Date 06/30/2022