

New Menu Options for Secondary Schools 2011-2012

Chicken Chilaquiles- Traditional Mexican casserole. Made with sautéed onion, garlic, and green chilies, chicken, gravy, diced tomatoes, corn, and crispy corn tortillas, topped with cheddar cheese, served with brown rice.

Hamburgers- All secondary burgers this year are “Never Ever” natural beef patties from local rancher Mike Callicrate. They will be served on a softer whole grain roll from Aspen Bakery.

Chicken or Vegetarian Chili w/ Cornbread- Made from scratch, served with a homemade green chile cornbread. This is a version of the Broomfield High Iron Chef recipe.

Toasted Cheese Sandwiches- Made on a new Rudi’s 100% whole wheat bread, the sandwiches are made with a blend of mozzarella and cheddar cheeses and lightly buttered for perfect browning.

Wraps- We’ve worked with our vendor to create a softer, more pliable wrap tortilla. New exciting flavors:

Cranberry Chicken- Diced chicken, celery, apple, and dried cranberries tossed in a honey mayo

Mediterranean Chicken- Diced chicken, feta, black olives, red peppers, and Greek dressing

Vegetarian Med.- Cucumber slices, hummus, black olives, lettuce, and Greek dressing

Southwestern- Diced chicken, beans, mayo, green chilies, and cilantro

Cheesy Baked Pasta- Our version of ‘Baked Ziti’. Penne pasta, marinara, mozzarella cheese, parmesan cheese, and ricotta cheese all baked together.

Roast Turkey-Roasted white and dark meat, sliced and served with gravy, mashed potatoes, and a whole grain biscuit.

Hot Turkey & Cheese Sub- Hot roasted turkey and melted Jack cheese on a new Aspen Bakery hoagie roll.

Chicken Parmesan – Boneless chicken breast baked with marinara sauce and topped with melted mozzarella cheese, served with a side portion of Cheesy Baked Pasta.

Chicken Fajitas- Chicken fajita meat with sautéed red & green bell peppers and onions. Topped with cheddar cheese, served with 6” tortillas.

Crispy Chicken or Bean Tacos- Hard corn tortilla shells stuffed with a blend of diced chicken or beans, salsa, onion, and diced tomatoes.

Chicken or Tofu Teriyaki Stir-fry- Chicken or tofu tossed with sauce of teriyaki, garlic, and ginger. Served with sautéed peppers, cabbage, carrots, and peas over brown rice.

Roast Chicken-Roast chicken will be served every other week this year. All of our chicken is coming from Troyer Poultry, a local organic farm on the western slope of Colorado. BBQ and Teriyaki flavors are back; new flavors are:

Asian BBQ is our version of General Tso sauce.

Honey-Chipotle- a sweet and smoky homemade sauce

Spicy BBQ- A blend of BBQ & hot sauce

Hoagies, Subs & Grinders-This year we are serving real whole grain hoagie rolls from Aspen bakery. New hoagies this year include:

Ham & Cheese-Turkey ham with melted cheddar & mozzarella served warm.

Cajun Chicken Grinder-Chicken fajita meat, Cajun spices and melted cheddar