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# Compass Menu

K thru 12th Grade Menu

## Beef and Cheese Nachos

Homemade cheddar cheese and seasoned beef sauce ladled over corn tortilla chips. Served with optional sliced jalapenos, sliced black olives, salsa, and sour cream.

## Cheese Melt

Whole grain rich bread and American cheese baked until toasted and melted, served with a choice of homemade soup.

## Beef Hot Dog

All beef hot dogs nestled in a whole grain rich bun, served with a choice of Sun Chips.

## PB & J Sandwich

Prepackaged peanut butter and jelly sandwich, served with homemade chocolate zucchini cake.

## Mrs. Long's Homemade Pizza

Homemade crust topped with zesty tomato sauce and mozzarella baked until golden; pepperoni topping optional.

## Pasta with Meat Sauce

Whole grain rich pasta served with a choice of marinara or meat sauce.

## Bean and Cheese Burrito

Wheat tortilla filled with seasoned refried beans and cheddar cheese. Served with optional sliced jalapenos, sliced black olives, salsa, and sour cream.

## Hamburger

Seasoned beef burger on a whole grain rich bun, served with optional sliced tomato, sliced onion, romaine leaf, and cheese.

## Hot Chicken Sandwich

Breaded chicken patty served on a whole grain rich bun, served with optional sliced tomato, sliced onion, romaine leaf, and cheese.

## Orange Chicken

Lightly battered chicken tossed in tangy orange sauce and served on a bed of seasoned brown rice.

## Mini Corn Dogs.

A student favorite! Mini corn dogs made with whole grain rich breading and chicken mini dogs. Served with a choice of Sun Chips.

## Mozzarella Stuffed Bread Sticks

Soft bread sticks stuffed with melted mozzarella cheese and served with warm marinara.

## BBQ Riblet Patty

Tender pork riblet patty basted with BBQ sauce and served with a whole grain rich corn muffin.

## Chicken Nuggets

A student favorite. Tender chicken breaded with whole grain rich breading and served with a slice of apple spice cake.

## Roasted Turkey and Gravy

Roasted turkey, mashed potatoes and gravy. Served with homemade wheat roll.

## Crispy Chicken Tacos

Shredded seasoned chicken stuffed in a crispy corn taco shell. Served with optional shredded cheese, sliced jalapenos, sliced black olives, salsa, and sour cream, served with an oat fruit crisp.

## Chicken Egg Rolls

Baked whole grain rich chicken egg rolls served with seasoned brown rice.

## Penne Chicken Alfredo

Whole grain rich penne blended with seasoned chicken, broccoli, mozzarella cheese and alfredo, served with a homemade wheat roll.



K thru 12th  
Grade Menu



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Please contact Mrs. Long for any allergen concerns at [wlong@compasscharter.org](mailto:wlong@compasscharter.org)

# Compass Menu

7th thru 12th Grade

## Taco Salad

Romaine lettuce topped with seasoned beef, shredded cheese, and diced onion stuffed into a baked wheat tortilla bowl. Served with optional salsa, slice jalapenos, sour cream, sliced black olives, and corn chips.

## Ham and Cheese Melt

Whole grain rich bread seasoned with garlic butter, stuffed with cheddar cheese. Served with a choice of homemade soup.

## Baked Potato with Chili

Zesty 3 bean chili served with a tender baked potato. Optional choices include, green onion, sour cream, shredded cheese and margarine.

## Turkey Wrap

Turkey, romaine, tomato, cheese, ranch, and onion wrapped in a wheat tortilla.

## Chicken Caesar Salad

Romaine lettuce topped with Italian chicken, red onion, sliced black olives, croutons, and parmesan cheese. Served with wheat crackers.

## Caprese Wrap

Fresh mozzarella, tomato, fresh basil, and balsamic glaze wrapped with a wheat tortilla.

## Deluxe Burrito

Seasoned ground beef, mexi-rice, shredded cheese, black beans and salsa.

## Mandarin Chicken Salad

Romaine lettuce topped with ginger chicken, mandarin oranges, slivered almonds, diced onion, diced celery, and mandarin dressing.

## Black Bean Taquitos

Wheat tortilla filled with seasoned black beans and pepper jack cheese. Served with an oat and fruit crisp.

## Teriyaki Chicken Bowl

A bed of seasoned brown rice topped with carrots, broccoli, and teriyaki chicken.

## Buffalo Chicken Wrap

Buffalo chicken, romaine, ranch, and red onion wrapped in a wheat tortilla.

## BBQ Chicken Pizza

Whole grain rich crust topped with BBQ sauce, chicken, mozzarella, pineapple, red onion, cilantro.

## Pulled Pork Sandwich

Slow roasted shredded pork, seasoned and layered on a homemade wheat deli roll.

## Chopped Chicken Salad

Chopped chicken, romaine, onion, avocado, tomato, broccoli, and red pepper tossed in a creamy avocado and cilantro dressing. Served with wheat crackers and apple spice cake.

## Veggie Wrap

Wheat tortilla filled with hummus, cucumber, tomato, carrot, romaine, red bell pepper, and creamy avocado and cilantro dressing.

## Hawaiian Burger

Beef burger topped with teriyaki sauce, swiss cheese, ham, and pineapple all served on a whole grain rich bun.

## Chipotle Pork Salad

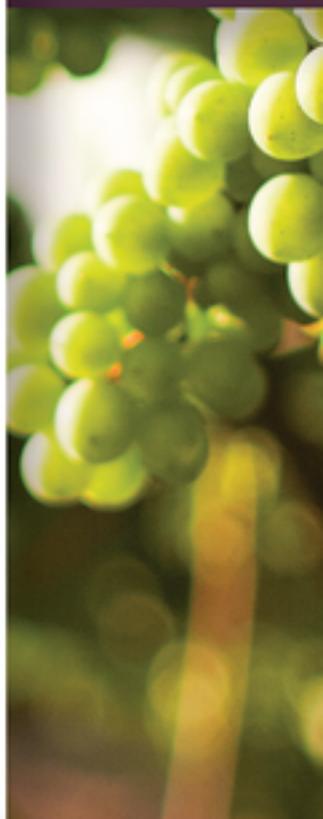
Romaine topped with shredded sweet pork, red bell pepper, black beans, corn niblets, red onion, corn tortilla chips, and mango salsa.

## Spinach Salad

Fresh spinach topped with dried cranberries, slivered almonds, feta cheese, garbanzo beans, cucumbers, red onion, and a drizzle of olive oil.



7th thru 12th  
Grade Menu  
(Second  
Choice)



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