



**BAINBRIDGE ISLAND  
HIGH SCHOOL**



## Daily Specials

### **Mondays**

Chicken Nugget Meal

### **Tuesdays**

Pasta Bar

**or**

Nacho Bar

### **Wednesdays**

Shrimp Popper Meal

**or**

Popcorn Chicken Meal

### **Thursdays**

BBQ Sandwich Meal

**or**

Parmesan Chicken Meal

### **Fridays**

Fish & Chips Meal

**or**

Asian Rice Bowl

**All meals served with milk, juice  
and access to the fruit and  
veggie bar**



**DON'T 4GET!**

Take at least **ONE**

**FRUIT**

**or**

**VEGGIE**

and at least **THREE**  
items total so your meal  
counts as a complete lunch!



Visit [www.traytalk.org](http://www.traytalk.org) for more details

**BAINBRIDGE ISLAND PUBLIC SCHOOLS  
FOOD & NUTRITION SERVICES**