

2012 Palm Beach Café

Atlantic High Brochure

Back

Front

Atlantic Gourmet Deli

Sandwiches
 Tuna Wrap
 Turkey & Provolone Wrap
 Ham & Swiss Wrap
 Grilled Vegetable & Cheese Wrap
 Chicken Caesar Wrap
 PB & J w/ Cheese Stick & Crackers
 Yogurt Parfait
 Muffin Platter

Sides
 Fresh Fruit
 Fruit Cup
 100% Juice
 Corn & Bean Salsa
 Carrots & Celery Sticks
 Salad Cup
 Low Fat Milk

Jerk Chicken Salad
 Fresh mixture of romaine and iceberg lettuce topped with jerk seasoned chicken, shredded cheese, and tomatoes, with your choice of dressing. Offered with a whole wheat flatbread and your choice of a low fat milk.

House Special \$2.25
 Italian Hoagie

FREE Breakfast Served Daily
 7:00 a.m. - 7:25 a.m.



THE MOST IMPORTANT MEAL OF THE DAY!

Check out the USDA's MyPlate website to learn more about this new nutrition education icon at www.ChooseMyPlate.gov



Choose **MyPlate**.gov

Palm Beach Café

Atlantic High

Free and Reduced Meal Applications Available
<https://www.njaggs.palmbeach.k12.fl.us/>

Online Prepayments
<https://palmbeachonlinecashsystem.com/>

Enjoy.....
 We hope you will experience all the wonderful flavors your cafe has to offer. Sit back, relax and enjoy your time with friends.

Cafe Atlantic
 2488 W. Atlantic Avenue
 Delray Beach, Florida 33446
 Tel: (561) 243-1804
www.palmbeach.k12.fl.us/AtlanticHB



Inside Spread

<h3>ASIAN XPERIENCE</h3> <p>Main Entrée Teriyaki Chicken w/o mein or rice Szechuan Beef w/o mein or rice</p> <p>Sides Fresh Fruit Fruit Cup 100% Juice Salad Cup Corn & Bean Salsa Carrot & Celery Sticks Low Fat Milk Hot Vegetables</p> <p>Build Your Own Vegetarian Platter Choose from 10 mein or rice and add your favorite two sides. Offered with your choice of a low fat milk.</p> <p>Mandarin Chicken Salad Grilled chicken strips served on crisp greens topped with mandarin oranges, crispy rice noodles and a tangy oriental vinaigrette dressing served on the side. Offered with a whole wheat flatbread and your choice of a low fat milk.</p>	<h3>Cafe Sol y Mar</h3> <p>Main Entrée Gordita Chicken Fajita Black Bean Burger (V)</p> <p>Sides Fresh Fruit Fruit Cup 100% Juice Salad Cup Corn & Bean Salsa Carrot & Celery Sticks Low Fat Milk Plantains Beans Yellow Rice</p> <p>Chipotle Ranch Chicken Salad Chicken served on top of fresh lettuce mix, shredded cheese, corn & black beans and finished with a creamy chipotle ranch dressing. Offered with a whole wheat flatbread and your choice of a low fat milk.</p> <p>House Special \$2.25 Turkey Cuban Sandwich</p>	<h3>Beyond Burgers</h3> <p>Grilled Chicken Sandwich Spicy Chicken Sandwich Beef Sliders Veggie Burger Hot Ham and Cheese</p> <p>Sides Fresh Fruit Fruit Cup 100% Juice Salad Cup Corn & Bean Salsa Low Fat Milk Carrot & Celery Sticks</p> <p>Spicy Chicken Salad Spicy chicken served on a bed of crisp greens topped with carrot and celery sticks, sprinkled with cheddar cheese and served with your choice of dressing. Offered with a whole wheat flatbread and your choice of a low fat milk.</p> <p>House Special \$2.25 4 oz Char-Grilled Burger</p>	<h3>Mangia Mangia</h3> <p>Main Entrée Alfredo Primavera Pasta with Meat Sauce Hot Italian Flatbread Sandwich</p> <p>Sides Fresh Fruit Fruit Cup 100% Juice Salad Cup Corn & Bean Salsa Low Fat Milk Carrot & Celery Sticks Hot Vegetables</p> <p>Grilled Chicken Caesar Salad Crisp romaine lettuce topped with parmesan cheese, croutons, grilled chicken and caesar dressing. Offered with a whole wheat flatbread and your choice of a low fat milk.</p> <p>House Special \$2.25 Freshly Baked Pizza</p>
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(V) Vegetarian
 *Menu subject to change