

JUNIOR HIGH LUNCH MENU

March 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BBQ Rib Sandwich Broccoli W/ Cheese Sauce Buttered Noodles Fresh Fruit Choice Low Fat Milk	2 Beefaroni w/ garlic bread Seasoned Corn Chilled Peaches Choice of Milk	3 French Toast Sticks w/ Syrup Pan Seared Breakfast Ham Hash Brown Patty Pineapple Low fat Milk Choice	4 Twin Soft/Hard Beef Taco With warm cheese sauce Steamed White Rice Shredded Lettuce Diced Tomato and Onion Tomato Salsa Mexicali Corn Choice of Milk	5 Fish and Cheese Sandwich Macaroni and Cheese Garden Blend Vegetables Jell-O With Fruit Low Fat Milk Choice
8 Pizza Burgers on a Bun Oven Baked French Fries Fresh Strawberries Choice of Milk	9 Pasta Bar Alfredo and Marinara Sauces Meatballs or Chicken Strips Garlic bread Seasoned green beans Choice of Fruit Choice of Milk	10 Baked Potato Bar With a choice of hot & cold toppings Warm Dinner Roll Choice of Fruit Choice of Milk	11 Philly Cheese Steak Sandwich Or Philly Chicken Steak Sandwich Sautéed Peppers & Onions Potato Wedges Pineapple Low fat Milk Choice	12 Early Dismissal
15 Sloppy Joe on a Bun Potato Wedges Peas & Carrots Warm Baked Apple Slices Brownie Low Fat Milk Choice	16 Pasta w/ Italian Meat Sauce Breadstick Mixed Vegetables Sliced Peaches Low Fat Milk Choice	17 Hot Dogs w/ toppings OR Corn Dog on a stick Boston Baked Beans Sweet Peas Fresh Fruit Choice Choice of Milk	18 Hot Turkey Sandwich w/ gravy Mashed Potatoes Sweet Corn Applesauce Low fat Milk Choice	19 Toasted Cheese Sandwich Bar Tomato Soup or Chicken Noodles Soup Seasoned Carrots Fresh Fruit Choice Choice of milk
22 Macho Nachos w/ Mexican Meat & Cheese Sauce White Rice Lettuce & Tomato Southwest Black Beans Orange Low Fat Milk Choice	23 Oven Baked Breaded Chicken Mashed Potatoes and gravy Steamed Corn Choice of Fruit Low Fat Milk	24 Italian Stromboli w/ marinara dipping sauce Tossed Salad w/ Italian dressing Seasoned Carrots Choice of Fresh Fruit Choice of Milk	25 Chicken Parmesan Seasoned Pasta Dinner Roll Green Beans Fresh Orange Low Fat Milk Choice	26 Eggplant Parmesan Spaghetti w/ sauce Italian Vegetables Dinner Roll Choice of Fruit Low Fat Milk Choice
29 Chicken and Cheese Quesadilla White Rice Mexican Corn Cinnamon Applesauce Choice of Milk	30 Meat Loaf Mashed Potatoes and Gravy Whole Wheat Dinner Roll Green Beans Choice of Fruit Choice of Milk	31 Creamy Turkey Pasta with Broccoli Breadstick Tossed salad with Italian dressing Choice of Fruit Low Fat Milk	April 1 COOKS CHOICE	<p style="text-align: center;"><i>Deli Sandwiches Made Fresh *Made Your Way</i></p> <p>Select from Bakery Fresh Rolls or Sliced Breads Choose a filling from: Premium Deli Meats and Assorted Cheeses</p> <p>Add your toppings from: Crisp Lettuce, Tomatoes, Onions, banana peppers</p> <p>Finish it off with your favorite dressing, mayonnaise, mustard or Italian dressing All Sandwich Central Sandwiches are offered with a scoop of home made salads and a choice of fresh fruit or tossed salad Your choice of Milk Is included as well</p>

QUICK CUISINE

Available Daily

Assorted Packaged
Wild Greens Salads
Offered with Crackers & a choice of milk

The Fresh Grille
Available Daily: Hamburger, Cheeseburger and Chicken Patties
or choose a sandwich or wrap from our specialty menu.

Offered Daily

Our Signature Pizza

Plain * Pepperoni * Specialty Topped

Offered Daily

Stuffed Hot Breads or Our Special Rip & Dip

All Trattoria Entrees are offered with a tossed salad,
Fresh seasonal fruit and a choice of Milk



TRY our delicious Panini sandwiches every Wednesday

Questions or Comments please contact the Director of Dining Services at (724) 463-8713

Menu May Change Due to Product Availability