



Senior 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 BAJA FLATS Flatiron Fajitas	4 Twin Soft/Hard Beef Taco With warm cheese sauce Steamed White Rice Shredded Lettuce Diced Tomato Diced 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 Mashed Potatoes w/ Gravy Sweet Corn 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 BAJA FLATS Up on the Boardwalk	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 BAJA FLATS Build a Better Burger	18 Hot Turkey Sandwich w/ gravy Mashed Potatoes Sweet Corn Applesauce Low fat Milk Choice	19 Toasted Cheese Sandwich Bar Tomato Soup or Chicken Noodle 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 BAJA FLATS the Steak Escape	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>

Available Daily

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

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

Menu May Change Due to Product Availability

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, seasonal fruit and a choice of Milk



**TRY our delicious
AU BON PAIN Soups**



Add your toppings from: Crisp Lettuce, Tomatoes, Onions, banana peppers

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