

High School Lunch Menu, February 2012

Available Daily at Every Station:
Locally Grown Apples from the Mid-Atlantic

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>The cost of a paid student meal is \$1.60 (no charge for reduced price students). Full student lunch includes choice of entrée (meat or meat alternate w/ grain/bread accompaniments), 2 vegetable side dishes, 2 fruit side dishes, & choice of 1% or skim milk.</i></p>				
		1	2	3
		Teriyaki Chicken & Broccoli Stir-Fry Over Whole Wheat Noodles	BBQ Roasted Bone-in Chicken Whole Wheat Biscuit	
		Stir-Fried Fresh Vegetables w/ Napa Cabbage & Bok Choy	Seasoned Collard Greens Savory Baked Beans	No School
		Chilled Peach Cup	Fresh Orange Wedges	
6	7	8	9	10
No School	All Natural Chicken Hot Dog on a Whole Wheat Bun w/ Choice of Toppings including Ketchup, Mustard, Relish, White Onions, Shredded Cheddar Roasted Corn & Carrots Baked Sweet Potato Fries Chilled Pineapple Cup	Beef Meatball Marinara w/ Whole Wheat Pasta & Melted Mozzarella Cheese Caesar Romaine Side Salad w/ Croutons & Parmesan Cheese Seasoned Green Beans Locally Grown Apple	Homestyle Chicken & Biscuits, Served w/ Peas & Carrots in Chicken Gravy w/ a Whole Wheat Biscuit Mashed Potatoes Crunchy Spinach Salad Chilled Peach Cup	Crispy Fish Tacos w/ Green Chile Sauce in Whole Grain Flour Tortillas Shredded Red Cabbage & Cilantro Lime Pico de Gallo for Taco Topping Seasoned Black Beans Fresh Orange Wedges
13	14	15	16	17
Basil Pesto Pasta Primavera w/ Chicken, Whole Wheat Spaghetti, & Fresh Diced Tomatoes Topped w/ Parmesan Cheese Roasted Cauliflower Fresh Carrot Sticks w/ Light Ranch Dressing Fresh Pear	Spicy Asian Glazed Chicken Stir-Fried Brown Rice w/ Veggies Stir-Fried Fresh Vegetables w/ Napa Cabbage & Local Bok Choy Locally Grown Apple	Homemade Cheese & Spinach Lasagna Whole Wheat Dinner Roll Roasted Butternut Squash Chilled Peach Cup	Carnitas-Style Turkey Soft Tacos in Whole Grain Flour Tortillas Shredded Cheddar, Romaine Lettuce, & Diced Tomatoes for Taco Topping Santa Fe Brown Rice Pilaf Seasoned Pinto Beans Chilled Pineapple Cup	Cajun Seasoned Tilapia Broccoli & Cheddar Brown Rice Pilaf Garlicky Kale Roasted Redskin Potatoes Fresh Banana
20	21	22	23	24
President's Day	Whole Grain Cheese Ravioli w/ Zesty Tomato Sauce, Topped w/ Parmesan Cheese Caesar Romaine Salad w/ Parmesan Cheese & Croutons Roasted Cauliflower Chilled Pineapple Cup	Southern-Style Shrimp & Cheese Grits Fresh Carrot Sticks w/ Low Fat Salad Dressing Roasted Garlic Lemon Broccoli Locally Grown Apple	Rotisserie-Style Bone-in w/ Whole Wheat Biscuit Seasoned Bread Stuffing Savory Baked Beans Baked Local Sweet Potato Half Fresh Orange Wedges	Curry Chicken over Brown Rice Pilaf Seasoned Green Beans Roasted Corn & Carrots Chilled Peach Cup
27	28	29	<p>Deli Bar Choose from daily specialty sandwiches and salads or build your own. Featured Sandwiches of the Day: See your cafeteria</p> <p>Available Daily: Assorted Meats & Cheeses, Whole Wheat Bread, Rolls, & Wraps, Vegetable Toppings, Assorted Condiments, Dressings, & Spreads</p>	
Baked Tomato Florentine Whole Wheat Pasta Fresh Side Salad w/ Romaine & Tomatoes, Low Fat Salad Dressing Seasoned Green Beans Chilled Pineapple Cup	Red Chili w/ Beef & Kidney Beans Topped w/ Shredded Cheddar Cheese Homemade Whole Grain Corn Bread Baked Sweet Potato Fries Fresh Pear	Teriyaki Chicken & Broccoli Stir-Fry Over Whole Wheat Noodles Stir-Fried Fresh Vegetables w/ Napa Cabbage & Bok Choy Locally Grown Apple		

Grab a Stack
Available Daily (Vegetarian): Southwest Cheese Quesadilla w/ Salsa

Monday:
Charbroiled Cheddar Cheeseburger on a Whole Wheat Bun w/ Romaine & Tomato
OR
Spicy Buffalo Chicken Whole Wheat Wrap
Vegetable Sides: Roma Herb Potato Wedges, Fresh Carrot & Celery Sticks w/ Light Ranch Dressing

Tuesday:
Panko-Breaded Fish Sandwich on a Whole Wheat Bun w/ House-Made Tartar Sauce & Romaine Lettuce
OR
Southwest Turkey Burger w/ Cheddar Cheese & Southwest Mayo on a Whole Wheat Bun w/ Romaine & Tomato
Vegetable Sides: Tex Mex Corn, Caesar Romaine Side Salad

Wednesday:
All Natural Meatball Sub in a Whole Wheat Roll w/ Marinara Sauce & Mozzarella Cheese
OR
All Natural Chicken Hot Dog on a Whole Wheat Roll
Vegetable Sides: Sweet Potato Fries, Chilled Green Bean Salad

Thursday:
Shredded BBQ Beef Sandwich on a Whole Wheat Roll
OR
Grilled Chicken Sandwich on a Whole Wheat Bun w/ Ancho Chili Sauce, Romaine & Tomato
Vegetable Sides: Savory Baked Beans, Cucumber Tomato Salad

Friday:
Tex-Mex Stuffed Whole Wheat Burrito w/ Fajita Chicken, Brown Rice, Shredded Cheddar, Romaine, & Salsa
OR
All Natural Breaded Chicken Bites w/ BBQ Dipping Sauce & Whole Wheat Roll
Vegetable Sides: Honey Glazed Carrots, Fresh Side Salad w/ Romaine, Tomato, Light Dressing

Outtakes
Available Daily: Turkey & Cheddar Sub w/ Romaine & Tomato, Vegetarian Garden Salad w/ Assorted Cheeses & Whole Wheat Dinner Roll. All Sandwiches & Pasta Salads Offered w/ Carrot Sticks & Light Dressing

Monday:
Grilled Chicken Caesar Romaine Salad w/ Croutons & Whole Wheat Roll – OR – Turkey Club Sandwich w/ All Natural Turkey Bacon, Romaine, & Tomato on Whole Grain Bread

Tuesday:
Southwest Chipotle Chicken Pasta Salad w/ Whole Wheat Pasta w/ Spinach & Tomatoes – OR – Mediterranean Turkey, Mozzarella, & Spinach Whole Wheat Wrap w/ Light Basil Pesto Mayo

Wednesday:
Mandarin Chicken Pasta Salad w/ Shredded Carrots, Red Cabbage, & Mandarin Oranges –OR– Oven Roasted Turkey & Provolone Sandwich on a Whole Wheat Bagel w/ Romaine & Tomato

Thursday:
Grilled Chicken Whole Wheat Pasta Salad w/ Broccoli, Carrots, Tomatoes & Onions – OR -- Honey Mustard Turkey Ham & Swiss Sandwich on Whole Grain Bread w/ Romaine & Tomato

Friday:
Cobb Salad w/ Turkey Ham, Turkey Bacon, Hard Boiled Eggs, Tomato, Romaine, Honey Mustard Dressing, & Whole Wheat Roll – OR -- Southwest Chicken Fajita Whole Wheat Wrap w/ Chipotle Aioli & Romaine Lettuce

Crust N Stuff
Available Daily: Fresh Baked Cheese Pizza on Whole Wheat Crust

Daily Vegetable Sides: Fresh Side Salad w/ Romaine & Tomatoes, Light Salad Dressing, Cucumber Tomato Salad

Monday: BBQ Chicken Pizza
Tuesday: Buffalo Chicken Stromboli
Wednesday: Meat Lover's Pizza
Thursday: Three Cheese & Spinach Calzone
Friday: Veggie Lover's Pizza
We only use whole wheat crusts and dough!