



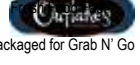



A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, 1% white, and skim chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl \$2.35</p>	<p>STUFFED PASTA BOWL</p> <p>Whole Wheat Cheese Ravioli WG Rotini Pasta</p> <p>Seasoned Diced Chicken Alfredo Sauce Red Marinara Sauce</p> <p>Shredded Part Skim Mozzarella Seasoned Fresh Carrots w/Corn</p> <p>Whole Grain Dinner Roll</p> <p>Roma Herb Seasoning Blend</p>	<p>ASIAN RICE BOWL:</p> <p>Spicy Chicken</p> <p>Oriental Fried Rice</p> <p>Herbed Broccoli & Cauliflower</p> <p>Oriental Blend Veggies</p> <p>WG Soft Breadstick</p> <p>Garlic Ginger Sauce</p> <p>Fortune Cookie Chopped Green Onion</p>	<p>NACHO BOWL:</p> <p>Spicy Turkey Taco Meat</p> <p>Whole Grain Corn Tortilla Shell Rounds</p> <p>Refried Beans</p> <p>Mexican Corn Cinnamon Twist Breadstick Spicy Salsa</p> <p>Home Made Cheese Sauce</p>	<p>MOM'S MASHED POTATO BOWL:</p> <p>Breaded Popcorn Chicken</p> <p>Mashed Potatoes</p> <p>Seasoned Corn</p> <p>Caesar Side Salad</p> <p>Home Made Wheat Roll</p> <p>Chicken Gravy</p> <p>Fresh Chopped Parsley</p>	<p>BRUNCH FOR LUNCH:</p> <p>Scrambled Eggs Chicken Sausage Patties</p> <p>Wheat Tortilla Wrap</p> <p>Potato Rounds</p> <p>WG French Toast Sticks</p> <p>Warm Syrup Shredded Cheddar</p> <p>Petite Cinnamon Roll</p>
 <p>Grab & Stack! Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily \$2.85 Includes Fruit & Veg & Milk</p>	<p>Grilled Cheese Sandwich on Wheat</p> <p>Bowl of Tomato Soup</p> <p>Fresh Iceberg Lettuce & Tomato</p>	<p>Ham & Cheese on WG Bun</p> <p>Broccoli w/ Cheese Sauce</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Mini Chicken Sandwich Sliders</p> <p>Sweet Potato Tots</p> <p>Fresh Iceberg Lettuce & Tomato</p>	<p>Country Skillet Breakfast Wrap</p> <p>Potato Sticks</p> <p>Fresh Iceberg Lettuce & Tomato</p>	<p>Crispy Fish Sandwich on a Whole Wheat Bun</p> <p>Warm Baked Apple Slices</p> <p>Fresh Iceberg Lettuce & Tomato</p>
 <p>Grab & Stack! Classic Cheese Pizza Fresh Baked Daily \$2.85-Includes Fruit & Veg Bar & Milk</p>	<p>Buffalo Chicken Pizza</p> <p>Pepperoni Pizza</p>	<p>Bosco Cheese Stuffed Breadsticks with Dipping Sauce</p> <p>Stromboli with Roasted Veggies & Spinach</p>	<p>Veggie Lover's Pizza</p> <p>Two Hot Dog Twists</p>	<p>Brooklyn Pepperoni Flatbread</p> <p>Ham and Cheese Hot Pocket With Marinara Sauce</p>	<p>Bosco Mexican Stuffed Breadstick with Home Made Nacho Cheese Sauce</p> <p>Chicken Florentine Flatbread</p>
 <p>Crispy Deli Cold Sandwiches & Salads Made Fresh Your Way \$3.60 Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Protein Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Composed Salad</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Spicy Chicken Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Triple Decker Turkey Club on Whole Wheat</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Roast Beef on A Kaiser Roll</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Honey Mustard Ham & Cheese Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Buffalo Chicken Wrap</p>
 <p>TOST POST Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps-\$3.60</p>	<p>Turkey & Provolone Panini With Fruit & Veg Bar & Milk</p> <p>All sandwich meals include Side Station Options</p> <p>King Size Pretzel with Cheese Soup of the Day, Beverages & Snacks</p>	<p>Chicken & Cheese Quesadilla with Fruit & Veg Bar & Milk</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day Beverages & Snacks</p>	<p>Toasted Pepperoni & Mozzarella Cheese Panini with Fruit & Veg Bar & Milk</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day Beverages & Snacks</p>	<p>Grilled Chicken with Swiss & Tomato Panini with Fruit & Veg Bar & Milk</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day Beverages & Snacks</p>	<p>Chicken Pesto Panini</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day Beverages & Snacks</p>
 <p>Curtakes Fresh Food Fast-Packaged for Grab N' Go \$3.60</p>	<p>Wild Greens Antipasto Salad with Roll</p> <p>Chicken Caesar Wrap</p> <p>Fruit Yogurt Parfait w/Granola Topping</p>	<p>Pita Bread with Roasted Red Pepper Hummus & Veggies</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Roast Beef On a Kaiser Roll</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Catalina Turkey Club Salad w/ Crackers</p> <p>Honey Mustard Ham & Cheese Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Deli Chef Salad w/ Crackers</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>
 <p>Curtakes Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	<p>Caesar Salad with Lite Dressing</p> <p>Fresh Apple</p> <p>Carrot Sticks</p> <p>Fresh Grapes</p>	<p>Tossed Salad w/ Lite Dressing</p> <p>Chilled Applesauce</p> <p>Fresh Broccoli Florets</p> <p>Peachy Fruit Salad</p>	<p>Watermelon Cubes</p> <p>Fresh Apples</p> <p>Vegetable Pasta Salad</p> <p>Confetti Coleslaw</p>	<p>Caesar Romaine Side Salad w/ Croutons</p> <p>Fresh Vegetable Gardeniera</p> <p>Petite Bananas</p> <p>Chilled Pineapple</p>	<p>Tossed Salad w/ Light Dressing</p> <p>Fresh Orange Wedges</p> <p>Cinnamon Apple Slices</p> <p>Fresh Carrot Sticks</p>

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Menu item is made w/ whole grain

Menu item is made w/ fresh locally grown produce (actual items will vary depending on local seasonal availability)

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, 1% white, and skim chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl \$2.35</p>	<p>NORTHEAST ASIAN RICE BOWL:</p> <p>Korean Braised Ribbies</p> <p>Steamed Brown Rice</p> <p>Oriental Vegetables</p> <p>Steamed Broccoli Cuts</p> <p>Homemade Crunchy Asian Topping</p> <p>Homemade Sesame Sauce</p> <p>Fresh Chopped Green Onion</p>	<p>MASHED POTATO BOWL:</p> <p>Breaded Popcorn Chicken</p> <p>Mashed Potatoes</p> <p>Steamed Broccoli</p> <p>WG Soft Pretzel Rod</p> <p>Chicken Gravy</p> <p>Fresh Chopped Parsley</p>	<p>NACHO BOWL:</p> <p>Spicy Turkey Taco Meat</p> <p>Whole Grain Corn Tortilla Shell Rounds</p> <p>Refried Beans</p> <p>Mexican Corn</p> <p>Cinnamon Twist Breadstick</p> <p>Spicy Salsa</p> <p>Home Made Cheese Sauce</p>	<p>AMERICAN DINER BOWL:</p> <p>Roast Turkey w/ Gravy</p> <p>Rice Pilaf w/ Orzo</p> <p>Mashed Sweet Potatoes</p> <p>Seasoned Green Beans</p> <p>Home Made Wheat Roll</p> <p>Turkey Gravy</p> <p>Fresh Chopped Parsley</p>	<p>ITALIAN PASTA BOWL:</p> <p>Saucy Italian Meatballs</p> <p>WG Spaghetti Curly Rotini Pasta</p> <p>Seasoned Peas</p> <p>Tossed Salad with Light Dressing</p> <p>Toasted Garlic Bun</p> <p>Red Marinara Sauce</p> <p>Roma Herb Seasoning Blend</p>
 <p>Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily \$2.85</p>	<p>Hot Chili Burger w/ Monterey Jack</p> <p>Broccoli w/ Cheese Sauce</p> <p>Fresh Iceberg Lettuce & Tomato</p>	<p>Whole Grain Breaded Chicken Corn Dog Nuggets w/ WG Pretzel Rod</p> <p>Broccoli w/Cheese</p> <p>Fresh Iceberg Lettuce & Tomato</p>	<p>Whole Wheat Grilled Cheese Sandwich</p> <p>Potato Smiles</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Mini Burger Sliders</p> <p>Seasoned Green Beans</p>	<p>BBQ Chicken Wrap</p> <p>Sweet Potato Crissscut Fries</p> <p>Fresh Iceberg Lettuce & Tomato</p>
 <p>Classic Cheese Pizza Fresh Baked Daily -\$2.85 Includes Fruit & Veg Bar & Milk</p>	<p>Pepperoni Pizza</p> <p>Red Hot Chicken Pizza</p>	<p>Bosco Mexican Stuffed Breadstick with Home Made Nacho Cheese SAuce</p> <p>Whole Wheat Pizza Bagels</p>	<p>Hawaiian Pizza</p> <p>Ham & Cheese Hot Pocket w/ Tomato Dipping Sauce</p>	<p>Bosco Cheese Stuffed Breadsticks with Tomato Dipping Sauce</p> <p>Whole Grain Mexican Pita Pizzas</p>	<p>Pepperoni Pizza</p> <p>Individual Garlic Cheese Pizza</p>
 <p>Cold Sandwiches & Salads Made Fresh Your Way- \$3.60</p> <p>Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Protein Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Composed Salad</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Little Italy Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Parisian Ham & Cheese Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Chicken Caesar Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Whole Grain Turkey Wrap w/ Lettuce, Tomato & Herb Mayo</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Buffalo Chicken Salad On Wheat Roll</p>
 <p>Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps-3.60 Includes Fruit & Veg Bar & Milk</p>	<p>Turkey & Provolone Panini with Fruit, Veg Bar & Milk</p> <p>All sandwich meals include Side Station options</p>	<p>Ham & Cheese Panini With Fruit & Veg Bar & Milk</p> <p>All sandwich meals include Side Station options</p>	<p>Toasted Pepperoni & Mozzarella Cheese Panini with Marinara Dipping Sauce with Fruit & Veg Bar & Milk</p> <p>All sandwich meals include Side Station options</p>	<p>Four Cheese Grilled Spinach Wrapi with Fruit & Veg Bar & Milk</p> <p>All sandwich meals include Side Station options</p>	<p>Chicken Pesto Panini with Fruit & Veg Bar & Milk</p> <p>All sandwich meals include Side Station options</p>
 <p>King Size Pretzel with Cheese Soup of the Day Beverages & Snacks</p>	<p>King Size Pretzel with Cheese Soup of the Day Beverages & Snacks</p>	<p>King Size Pretzel with Cheese Soup of the Day Beverages & Snacks</p>	<p>King Size Pretzel with Cheese Soup of the Day Beverages & Snacks</p>	<p>King Size Pretzel with Cheese Soup of the Day Beverages & Snacks</p>	<p>King Size Pretzel with Cheese Soup of the Day Beverages & Snacks</p>
 <p>Fresh Food Fast- Packaged for Grab N' Go \$3.60</p>	<p>Roasted Red Pepper Hummus w/ Whole Wheat Pita Chips and Fresh Veggies</p> <p>Ham & Cheese on a Kaiser roll</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Cobb Salad w/ Wheat Roll</p> <p>Parisian Ham & Cheese Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Chicken Caesar Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Garden Cheese Salad w/Crackers</p> <p>Whole Grain Turkey Wrap w/ Lettuce, Tomato & Herb Mayo</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Buffalo Chicken Salad On Wheat Roll</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>
 <p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including lunch items as available</p>	<p>Fresh Broccoli Florets</p> <p>Tossed Salad w/ Lite Dressing</p> <p>Chilled Mixed Fruit</p> <p>Fresh Orange Wedges</p>	<p>Chickpea Salad</p> <p>Carrot Sticks</p> <p>Sweet Chewy Raisins</p> <p>Chilled Diced Pears</p>	<p>Macaroni Salad</p> <p>Caesar Romaine Side Salad w/ Croutons</p> <p>Fresh Apples</p> <p>Chilled Peaches</p>	<p>Broccoli Salad</p> <p>Tossed Salad w/ Light Dressing Fruit Salad with Cranberries</p> <p>Chilled Mixed Fruit</p>	<p>Tossed Salad with Light Dressing</p> <p>Celery Sticks Chilled</p> <p>Pineapple Tidbits</p> <p>Cinnamon Applesauce</p>

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Menu item is made w/ whole grain

Menu item is made w/ fresh locally grown produce (actual items will vary depending on local seasonal availability)

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Daily milk choices include skim white, 1% white, and skim chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl \$2.35</p>	<p>NACHO BOWL:</p> <p>Spicy Turkey Taco Meat</p> <p>Whole Grain Corn Tortilla Shell Rounds</p> <p>Refried Beans</p> <p>Mexican Corn Cinnamon</p> <p>Twist Breadstick</p> <p>Spicy Salsa</p> <p>Home Made Cheese Sauce</p>	<p>TANGERINE CHICKEN BOWL:</p> <p>Tangerine Chicken</p> <p>Steamed Brown Rice</p> <p>Oriental Vegetables</p> <p>Steamed Broccoli</p> <p>WG Soft Breadstick</p> <p>Chopped Green Onion</p> <p>Fortune Cookie</p>	<p>FAJITA BOWL:</p> <p>Seasoned Chicken Fajita Meat</p> <p>Refried Beans</p> <p>Sautéed Peppers and Onions</p> <p>Cilantro Lime Rice</p> <p>Wheat Tortilla Shell</p> <p>Salsa</p> <p>Shredded Cheddar Cheese</p> <p>Shredded Lettuce</p>	<p>MEDITERRANEAN BOWL:</p> <p>Tarragon Marinated Chicken Breast</p> <p>Rice Pilaf with Orzo</p> <p>Chickpea Salad</p> <p>Spinach & Romaine with Almonds</p> <p>Warm Pita Bread</p> <p>Home Made Taziki Sauce</p> <p>Fresh Chopped Green Onions</p>	NO SCHOOL
 <p>Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily \$2.85</p>	<p>Alpine Swiss Burger</p> <p>Golden Corn</p> <p>Fresh Iceberg Lettuce & Tomato</p>	<p>Hot Ham & Cheese on a Whole Wheat Bun</p> <p>Seasoned Potato Wedges</p> <p>Fresh Iceberg Lettuce & Tomato</p>	<p>California Cheese Steak Wrap</p> <p>Steamed Broccoli w/Cheese Sauce</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Breaded Popcorn Chicken w/ Wheat Dinner Roll</p> <p>Mashed Potatoes</p> <p>Fresh Iceberg Lettuce & Tomato</p>	
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily \$2.85-</p>	<p>Pepperoni Pizza</p> <p>Two Hot Dog Twists</p>	<p>Bosco Cheese Stuffed Breadsticks & Tomato Dipping Sauce</p> <p>Meatball Parm Pizza</p>	<p>Pepperoni Pizza</p> <p>Broccoli Calzone w/ Tomato Dipping Sauce</p>	<p>Southwest Flatbread Fold</p> <p>Bosco Cheese Stuffed Breadsticks & Tomato Dipping Sauce</p>	
 <p>Cold Sandwiches & Salads Made Fresh Your Way \$3.60</p> <p>Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread</p> <p>Turkey, Ham, Protein Salad, Chilled Breaded Chicken</p> <p>American and Part Skim Mozzarella Cheese</p> <p>Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots</p> <p>Fresh Composed Salad</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Triple Decker Turkey Club Sandwich</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Little Italy Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Roast Beef On a Kaiser Roll</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Honey Mustard Ham and Cheese Wrap</p>	
 <p>Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps-\$3.60</p>	<p>Turkey & Provolone Panini With Fruit & Veg Bar & Milk</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day, Beverages & Snacks</p>	<p>Chicken & Cheese Quesadillas</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day Beverages & Snacks</p>	<p>Toasted Pepperoni & Mozzarella Cheese Panini with Marinara Dipping Sauce with Fruit & Veg Bar & Milk</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day Beverages & Snacks</p>	<p>Grilled Chicken with Swiss & Tomato Panini with Fruit & Veg Bar & Milk</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day Beverages & Snacks</p>	
 <p>Fresh Food Fast-Packaged for Grab N' Go \$3.60</p>	<p>Garden Cheese Salad w/Crackers</p> <p>Cottage Cheese, Crackers & Fruit Combo</p> <p>Fruit Yogurt Parfait with Granola Topping</p>	<p>Little Italy Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Breaded Chicken Caesar Salad w/ Crackers</p> <p>Sliced Roast Beef o a Kaiser Roll</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Catalina Turkey Club Salad w/ Wheat Soft Pretzel Stick</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	
 <p>Cold Fruit & Vegetable Bar Offered Daily</p> <p>Featuring fresh seasonal produce including local items as available</p>	<p>Fresh Apples</p> <p>Vegetable Pasta Salad</p> <p>Chilled Mixed Fruit</p> <p>Mandarin Oranges</p>	<p>Petite Bananas</p> <p>Chickpea Salad</p> <p>Chilled Peaches</p> <p>Fresh Broccoli Florets</p>	<p>Chilled Pineapples</p> <p>Marinated Tomato & Cucumber</p> <p>Carrot Sticks</p> <p>Sweet Chewy Raisins</p>	<p>Pear Raisin Salad</p> <p>Tossed Salad with Light Dressing</p> <p>Fresh Broccoli Florets</p> <p>Fresh Orange Wedges</p>	

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 <p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl \$2.35</p>	NO SCHOOL	BACKYARD BBQ BOWL: BBQ Chicken Breast Boston Baked Beans Corn on the Cob WG Soft Pretzel Rod BBQ Sauce Fresh Chopped Green Onion	EUROPEAN BOWL: Herb Simmered Beef Seasoned Noodles Smashed Red Skin Potatoes Sautéed Mushrooms and Onions Sweet Peas Brown Gravy WG Soft Breadstick Fresh Chopped Green Onion	AMERICAN DINER BOWL: Meat Loaf Macaroni w/ Cheese Sauce Sweet Potato Tots Tossed Salad With Lite Dressing Home Made Wheat Roll Brown Gravy Fresh Chopped Parsley	BRUNCH FOR LUNCH: Scrambled Eggs Chicken Sausage Patties Wheat Tortilla Wrap Potato Rounds WG French Toast Sticks Warm Syrup Shredded Cheddar Petite Cinnamon Roll
 <p>Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily \$2.85-All meals include food & veg Bar & Milk</p>		Ham & Cheese on WG Bun Baked Potato Fresh Romaine Lettuce & Tomato	Whole Wheat Grilled Cheese Sandwich Corn on the Cob Fresh Iceberg Romaine Lettuce Tomato	BLT Burger Sweet Potato Crisscut Fries Fresh Iceberg Lettuce & Tomato	Mini Chicken Sandwich Sliders Potato Rounds Fresh Iceberg Lettuce & Tomato
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily \$2.85 Included food & veg Bar & Milk</p>		Bosco Cheese Stuffed Breadsticks With Tomato Dipping Sauce Two Hot Dog Twists	Ham & Cheese Hot Pocket w/ Tomato Dipping Sauce Italian Stromboli	Pepperoni Pizza Bosco Mexican Stuffed Breadstick with Home Made Nacho Cheese Sauce	Veggie Lover's Pizza Broccoli and Cheese Calzone
 <p>Cold Sandwiches & Salads Made Fresh Your Way \$3.60 Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Protein Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Composed Salad</p>		Made to Order SANDWICH Bar Special: Triple Decker Turkey Club on Whole Wheat	Made to Order SANDWICH Bar Special: Honey Mustard Roast Beef Wrap	Made to Order SANDWICH Bar Special: Whole Grain Turkey Wrap w/ Lettuce, Tomato & Herb Mayo	Made to Order SANDWICH Bar Special: Little Italy Wrap
 <p>Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps-Meal includes food & veg bar & Milk -\$3.60</p>  <p>Outtakes Fresh Food Fast-Packaged for Grab N' Go</p>		Ham & Cheese Panini with Fruit, Veg Bar & Milk All sandwich meals include Side Station options King Size Pretzel with Cheese Soup of the Day Beverages & Snacks	Toasted Mozzarella & Pepperoni on Whole Wheat w/ Tomato Dipping Sauce All sandwich meals include Side Station options King Size Pretzel with Cheese Soup of the Day Beverages & Snacks	Arizona Chicken Panini with Fruit, Veg Bar & Milk All sandwich meals include Side Station options King Size Pretzel with Cheese Soup of the Day Beverages & Snacks	Chicken Pesto Panini with Fruit, Veg Bar & Milk All sandwich meals include Side Station options King Size Pretzel with Cheese Soup of the Day Beverages & Snacks
 <p>Outtakes Fresh Food Fast-Packaged for Grab N' Go \$3.60</p>		Fruit Yogurt Parfait w/ Granola Topping	Fruit Yogurt Parfait w/ Granola Topping	Fruit Yogurt Parfait w/ Granola Topping	Crispy Chicken Popper Salad w/ Crackers Fruit Yogurt Parfait w/ Granola Topping
 <p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>		Caesar Romaine Side Salad w/ Croutons Fresh Carrot Sticks Fresh Grapes Chilled Peaches	Broccoli Salad Tossed Salad w/ Light Dressing Petite Bananas Chilled Fruit Mix	Buttermilk Colelase Peachy Fruit Salad Tossed Salad with Light Dressing Chilled Mandarin Oranges	Vegetable Pasta Salad Celery Sticks Chilled Pineapple Tidbits Applesauce

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Menu item is made w/ whole grain

Menu item is made w/ fresh locally grown produce (actual items will vary depending on local seasonal availability)

Dow High School Lunch Menu

February 27-March 2, 2012

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, 1% white, and skim chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl \$2.35</p>	<p>SWEET N SOUR ASIAN RICE BOWL:</p> <p>Breaded Popcorn Chicken</p> <p>Oriental Fried Rice</p> <p>Steamed Brown Rice</p> <p>Steamed Broccoli</p> <p>Oriental Vegetables</p> <p>Homemade Crunchy Asian Topping</p> <p>Sweet N Sour Sauce</p> <p>Fresh Chopped Green Onion</p>	<p>UPSIDE DOWN RANCHER'S PIE BOWL</p> <p>Savory Beef</p> <p>Mashed Potatoes</p> <p>Warm Baked Apple Slices</p> <p>Mixed Vegetables</p> <p>Home Made Wheat Roll</p> <p>Brown Gravy</p> <p>Shredded Cheddar</p>	<p>FAJITA BOWL:</p> <p>Chicken Fajita Meat</p> <p>Refried Beans</p> <p>Sautéed Peppers and Onions</p> <p>Cilantro Lime Rice</p> <p>Wheat Tortilla Shell</p> <p>Salsa</p> <p>Shredded Cheddar Cheese</p> <p>Cinnamon Twist Breadstick</p>	<p>CHICKEN PARMESAN BOWL:</p> <p>Breaded Chicken Patty</p> <p>WG Spaghetti</p> <p>Steamed Corn</p> <p>WG Soft Garlic Breadstick</p> <p>Caesar Romaine Side Salad w/ Croutons</p> <p>Red Marinara Sauce</p> <p>Shredded Mozzarella</p>	<p>ROASTED CHICKEN BOWL:</p> <p>Herb Roasted Chicken Breast</p> <p>Steamed Brown Rice</p> <p>Bread Stuffing Made w/ Whole Wheat</p> <p>Glazed Carrots</p> <p>Warm Fruit Crisp</p> <p>Chicken Gravy</p> <p>Fresh Chopped Parsley</p>
 <p>Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily \$2.85</p>	<p>Ham & Swiss on WG Bun</p> <p>Broccoli with Cheese Sauce</p> <p>Fresh Iceberg Lettuce & Tomato</p> <p>Pepperoni Pizza</p> <p>Sausage Pizza</p>	<p>Whole Wheat Grilled Cheese Sandwich</p> <p>Bowl of Tomato Soup</p> <p>Fresh Iceberg Lettuce & Tomato</p> <p>Bosco Cheese Stuffed Breadsticks with Tomato Dipping Sauce</p> <p>Stromboli with Roasted Veggies & Spinach</p>	<p>Cheese Steak Sandwich</p> <p>Seasoned Potato Wedges</p> <p>Fresh Romaine Lettuce & Tomato</p> <p>Sausage Pizza</p> <p>Italian Stromboli</p>	<p>Breaded Chicken Tenders w/ Wheat Pretzel Rod</p> <p>Seasoned Corn</p> <p>Fresh Iceberg Lettuce & Tomato</p> <p>Southwest Flatbread Fold</p> <p>Broccoli Calzone w/ Tomato Dipping Sauce</p>	<p>Breaded Fish Fillet on Whole Wheat Bun</p> <p>Fruit Crisp</p> <p>Fresh Iceberg Lettuce & Tomato</p> <p>Pepperoni Pizza</p> <p>Bosco Mexican Breadstick with Home Made Nacho Cheese Sauce</p>
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily \$2.85</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Chicken Caesar Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Buffalo Chicken Salad on Wheat Roll</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Little Italy Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Spicy Chicken Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Santa Fe Turkey and Cheddar Wrap</p>
 <p>Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps</p> <p>Get the Panini press or the Turbo-Fast Toasted Treatment \$3.60</p> <p>Outtakes</p> <p>Fresh Food Fast-Packaged for Grab N' Go</p>	<p>Turkey & Provolone Panini with Fruit, Veg Bar & Milk</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day, Beverages & Snacks</p>	<p>Ham & Cheese Panini With Fruit & Veg Bar & Milk</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day Beverages & Snacks</p>	<p>Toasted Pepperoni & Mozzarella Cheese Panini with Fruit & Veg Bar & Milk</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day Beverages & Snacks</p>	<p>Grilled Chicken with Swiss & Tomato Panini with Fruit & Veg Bar & Milk</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day Beverages & Snacks</p>	<p>Chicken Pesto Panini with Fruit & Veg Bar & Milk</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day Beverages & Snacks</p>
 <p>Fresh Food Fast-Packaged for Grab N' Go \$3.60</p>	<p>Chunky Tuna Salad w/ Crackers</p> <p>Chicken Caesar Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Crispy Chicken Popper Salad w/ Crackers</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Breaded Chicken Caesar Salad w/ Whole Wheat Dinner Roll</p> <p>Roast Beef Wrap w/ Honey Mustard</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Catalina Turkey Club Salad w/ Crackers</p> <p>Classic Chicken Salad on Whole Wheat w/ Lettuce & Tomato</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Garden Cheese Salad w/ Crackers</p> <p>Santa Fe Turkey and Cheddar Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>
 <p>Cold Fruit & Vegetable Bar Offered Daily</p> <p>Featuring fresh seasonal produce including local items as available</p>	<p>Chick Pea Salad</p> <p>Tossed Salad w/ Lite Dressing</p> <p>Chilled Applesauce</p> <p>Fresh Orange Wedges*</p>	<p>Caesar Romaine Side Salad w/ Croutons</p> <p>Macaroni Salad</p> <p>Cinnamon Apple Slices</p> <p>Chilled Pears</p>	<p>Chilled Pineapples</p> <p>Tossed Salad w/ Light Dressing</p> <p>Fruit Salad with Cranberries</p> <p>Celery Sticks</p>	<p>Tossed Salad w/ Light Dressing</p> <p>Petite Bananas</p> <p>Broccoli Salad</p> <p>Chilled Mixed Fruit</p>	<p>Carrots Sticks</p> <p>Chilled Peaches</p> <p>Fresh Apple</p> <p>Spinach Salad</p>

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250. Menu Questions or Comments? Please contact MPS Food & Nutrition Services at 923-5011.

Menu item is made w/ whole grain

Menu item is made w/ fresh locally grown produce (actual items will vary depending on local seasonal availability)