




# Midland High School Lunch Menu

January 30-February 3, 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 &amp; International Flavors Served Your Way in a Portable Bowl \$2.35</p>	<p>STUFFED PASTA BOWL</p> <p>Jumbo Cheese Ravioli Curly Rotini Pasta</p> <p>Diced Chicken Alfredo Sauce Red Marinara Sauce</p> <p>Shredded Part Skim Mozzarella Seasoned Fresh Carrots w/Corn</p> <p>Whole Grain Dinner Roll Roma Herb Seasoning Blend</p>	<p>SOUTHEAST ASIAN RICE BOWL:</p> <p>Sesame Chicken Breast</p> <p>Oriental Noodles Herbed</p> <p>Herbed Broccoli &amp; Cauliflower</p> <p>Oriental Blend Veggies</p> <p>Sesame Breadstick</p> <p>Sesame Sauce</p> <p>Fortune Cookie Chopped Green Onion</p>	<p>NACHO BOWL:</p> <p>Spicy Turkey Taco Meat</p> <p>WG Corn Tortilla Chips</p> <p>Refried Beans</p> <p>Mexican Corn Cinnamon Twist Breadstick</p> <p>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 Cheese Petite Cinnamon Roll</p>
 <p>Grab &amp; Stack! Lean Beef Burgers w/Cheese &amp; Breaded Chicken Sandwiches Available Daily \$2.85</p>	<p>Grilled Cheese on Wheat</p> <p>Bowl of Tomato Soup</p> <p>Fresh Iceberg Lettuce &amp; Tomato</p>	<p>Ham &amp; Cheese on WG Bun</p> <p>Broccoli w/ Cheese Sauce</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>	<p><b>Mini Chicken Sandwich Sliders</b></p> <p>Sweet Potato Tots</p> <p>Fresh Iceberg Lettuce &amp; Tomato</p>	<p>Country Skilled Breakfast Wrap</p> <p>Potato Sticks</p> <p>Fresh Iceberg Lettuce &amp; Tomato</p>	<p><b>Crispy Fish Sandwich on a Whole Wheat Bun</b></p> <p>Warm Baked Apple Slices</p> <p>Fresh Iceberg Lettuce &amp; Tomato</p>
 <p>Crust &amp; Stuff! Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily \$2.85</p>	<p>Buffalo Chicken Pizza</p> <p>Pepperoni Pizza</p>	<p>Bosco Cheese Stuffed Breadsticks With Tomato Dipping Sauce</p> <p>Stromboli with Roasted Veggies &amp; Spinach</p>	<p>Veggie Lover's Pizza</p> <p>Two Hot Dog Twists</p>	<p>Brooklyn Pepperoni Flatbread</p> <p>Ham &amp; Cheese Hot Pocket with Dipping Sauce</p>	<p>Bosco Mexican Stuffed Breadstick with Home Made Nacho Cheese Sauce</p> <p>Chicken Florentine Flatbread</p>
 <p>Bosco Deli Cold Sandwiches &amp; Salads Made Fresh Your Way \$3.60 Available Daily: Tortilla Wraps, Rolls, and <b>Whole Wheat Bread</b> Turkey, Ham, Protein Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers &amp; Fresh Carrots Fresh Composed Salad</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Chicken Caesar Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: <b>Triple Decker Turkey Club on Whole Wheat</b></p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Roast Beef on Kaiser Roll</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Honey Mustard Ham &amp; Cheese Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: <b>Buffalo Chicken Wrap</b></p>
 <p>TOST POST Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps Get the Panini press or the Turbo-Fast Toasted Treatment \$3.60</p>	<p>Turkey &amp; Provolone Panini with Fruit, Veg Bar &amp; Milk</p> <p>All sandwich meals include Side Station Options</p> <p>King Size Pretzel with Cheese Soup of the Day, Beverages &amp; Snacks</p>	<p><b>Chicken &amp; Cheese Quesadilla with Fruit &amp; Veg Bar &amp; Milk</b></p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day Beverages &amp; Snacks</p>	<p>Toasted Pepperoni &amp; Mozzarella Cheese Panini with Fruit, Veg Bar &amp; Milk</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day Beverages &amp; Snacks</p>	<p>Grilled Chicken with Swiss &amp; Tomato Panini with Fruit, Veg Bar &amp; Milk</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day Beverages &amp; 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 &amp; Snacks</p>
 <p>Cutties Fresh Food Fast-Packaged for Grab N' Go \$3.60</p>	<p>Wild Green 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 &amp; Veggies</p> <p><b>Fruit Yogurt Parfait w/ Granola Topping</b></p>	<p>Roast Beef on Kaiser Roll</p> <p><b>Fruit Yogurt Parfait w/ Granola Topping</b></p>	<p>Catalina Turkey Club Salad w/ Crackers</p> <p>Honey Mustard Ham &amp; Cheese Wrap</p> <p><b>Fruit Yogurt Parfait w/ Granola Topping</b></p>	<p>Deli Chef Salad w/ Crackers</p> <p><b>Fruit Yogurt Parfait w/ Granola Topping</b></p>
 <p>Cutties Cold Fruit &amp; Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	<p>Caesar Side Salad with Croutons</p> <p>Fresh Apple</p> <p>Fresh Grapes</p> <p>Carrot Sticks</p>	<p>Tossed Salad w/ Light Dressing</p> <p>Chilled Applesauce</p> <p>Fresh Broccoli Florets</p> <p>Peachy Fruit Salad</p>	<p>Watermelon Cubes</p> <p>Fresh Golden 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 &amp; International Flavors Served Your Way in a Portable Bowl \$2.35</p>	<p><b>NORTHEAST ASIAN RICE BOWL:</b></p> <p>Korean Braised Beef Ribbies</p> <p>Steamed Brown Rice</p> <p>Oriental Vegetables</p> <p>Steamed Broccoli Cuts</p> <p><b>Homemade Crunchy Asian Topping</b></p> <p>Homemade Sesame Sauce</p> <p>Fresh Chopped Green Onion</p>	<p><b>MASHED POTATO BOWL:</b></p> <p>Breaded Popcorn Chicken</p> <p>Mashed Potatoes</p> <p>Seasoned Carrots &amp; Corn</p> <p>WG Soft Pretzel Rod</p> <p>Chicken Gravy</p> <p>Fresh Chopped Parsley</p>	<p><b>NACHO BOWL:</b></p> <p>Spicy Turkey Taco Meat</p> <p><b>Whole Grain Corn Tortilla Shell Rounds</b></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><b>AMERICAN DINER BOWL:</b></p> <p>Roast Turkey w/ Gravy</p> <p>Rice Pilaf w/ Orzo</p> <p>Mashed Sweet Potatoes</p> <p>Seasoned Green Beans</p> <p><b>Wheat Dinner Roll</b></p> <p>Turkey Gravy</p> <p>Fresh Chopped Parsley</p>	<p><b>ITALIAN PASTA BOWL:</b></p> <p>Saucy Italian Meatballs</p> <p>Classic Spaghetti Curly Rotini Pasta</p> <p>Seasoned Peas</p> <p>Tossed Salad with Light Dressing</p> <p>Toasted Garlic Bun Red Marinara Sauce</p> <p>Roma Herb Seasoning Blend</p>
 <p>Lean Beef Burgers w/Cheese &amp; 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 &amp; Tomato</p>	<p><b>Whole Grain Breaded Chicken Corn Dog Nuggets w/ Biscuit</b></p> <p>Mashed Potatoes</p> <p>Fresh Iceberg Lettuce &amp; Tomato</p>	<p>Grilled Cheese Sandwich on Wheat Potato Smiles</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>	<p>Mini Burger Sliders</p> <p>Seasoned Green Beans</p>	<p>BBQ Chicken Wrap</p> <p>Sweet Potato Crisccut Fries</p> <p>Fresh Iceberg Lettuce &amp; Tomato</p>
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily \$2.85</p>	<p>Pepperoni Pizza</p> <p>Red Hot Chicken Pizza</p>	<p>Bosco Mexican Stuffed Breadstick With Home Made Nacho Cheese</p> <p><b>Whole Wheat Pizza Bagels</b></p>	<p>Hawaiian Pizza</p> <p>Ham &amp; Cheese Hot Pocket w/ Tomato Dipping Sauce</p>	<p>Bosco Cheese Stuffed Breadsticks with Tomato Dipping Sauce</p> <p><b>Whole Grain Mexican Pita Pizzas</b></p>	<p>Pepperoni Pizza</p> <p>Individual Garlic Cheese Pizza</p>
 <p>Cold Sandwiches &amp; Salads Made Fresh Your Way \$3.60</p> <p>Available Daily: Tortilla Wraps, Rolls, and <b>Whole Wheat Bread</b> Turkey, Ham, Protein Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers &amp; 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 &amp; Cheese Wrap</p>	<p>Made to Order SALAD Bar</p> <p>Special: Chicken Caesar Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: <b>Whole Grain Turkey Wraps w/ Lettuce, Tomato &amp; Herb Mayo</b></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</p> <p>Get the Panini press or the Turbo-Fast Toasted Treatment \$3.60</p>  <p>Outtakes Fresh Food Fast-Packaged for Grab N' Go</p>	<p>Turkey &amp; Provolone Panini with Fruit, Veg Bar &amp; Milk</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day Beverages &amp; Snacks</p>	<p>Ham &amp; Cheese Panini with Fruit, Veg Bar &amp; Milk</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day Beverages &amp; Snacks</p>	<p><b>Toasted Pepperoni &amp; Mozzarella Panini with Marinara Dipping Sauce</b> with Fruit, Veg Bar &amp; Milk</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day Beverages &amp; Snacks</p>	<p>Four Cheese Grilled Spinach Wrap with Fruit, Veg Bar &amp; Milk</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day Beverages &amp; Snacks</p>	<p>Chicken Pesto Panini with Fruit, Veg Bar &amp; Milk</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day Beverages &amp; Snacks</p>
 <p>Outtakes Fresh Food Fast-Packaged for Grab N' Go \$3.60</p>	<p><b>Roasted Red Pepper Hummus w/ Whole Wheat Pita Chips and Fresh Veggies</b></p> <p>Ham &amp; Cheese on a Kaiser roll</p> <p><b>Fruit Yogurt Parfait w/ Granola Topping</b></p>	<p>Cobb Salad w/ Crackers</p> <p>Parisian Ham &amp; Cheese Wrap</p> <p><b>Fruit Yogurt Parfait w/ Granola Topping</b></p>	<p>Chicken Caesar Wrap</p> <p><b>Fruit Yogurt Parfait w/ Granola Topping</b></p>	<p>Garden Cheese Salad w/Crackers</p> <p><b>Whole Grain Turkey Wrap w/ Lettuce, Tomato &amp; Herb Mayo</b></p> <p><b>Fruit Yogurt Parfait w/ Granola Topping</b></p>	<p>Buffalo Chicken Salad On Wheat Roll</p> <p><b>Fruit Yogurt Parfait w/ Granola Topping</b></p>
 <p>Cold Fruit &amp; Vegetable Bar Offered Daily</p> <p>Featuring fresh seasonal produce including local items as available</p>	<p>Fresh Broccoli Florets</p> <p>Tossed Salad w/ Light 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 Golden 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 Lite Dressing</p> <p>Celery Sticks</p> <p>Chilled Pineapple Tidbits</p> <p>Cinnamon Applesauce</p>

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Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Favorite Comfort Foods &amp; International Flavors Served Your Way in a Portable Bowl \$2.35</p>	<p>NACHO BOWL:</p> <p>Spicy Turkey Taco Meat</p> <p><b>Whole Grain Corn Tortilla Shell Rounds</b></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>TANGERINE CHICKEN BOWL:</p> <p>Tangerine Chicken</p> <p>Steamed Brown Rice</p> <p>Oriental Vegetables &amp; Steamed Broccoli</p> <p>WG Soft Breadstick</p> <p>Chopped Green Onions</p> <p>Fortune Cookie</p>	<p>FAJITA BOWL:</p> <p>Seasoned Chicken Fajita Meat</p> <p>Spicy Refried Beans</p> <p>Sauteed Peppers and Onions</p> <p>Cilantro Lime Rice</p> <p>Wheat Tortilla Wrap</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 &amp; 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 &amp; Breaded Chicken Sandwiches Available Daily \$2.75</p>	<p>Alpine Swiss Burger</p> <p>Golden Corn</p> <p>Fresh Iceberg Lettuce &amp; Tomato</p>	<p>Ham &amp; Cheese on WG Bun</p> <p>Broccoli with Cheese Sauce</p> <p>Fresh Iceberg Lettuce &amp; Tomato</p>	<p>California Cheese Steak Wrap</p> <p>Seasoned Potato Wedges</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>	<p>Breaded Popcorn Chicken w/ <b>Whole Wheat Dinner Roll</b></p> <p>Mashed Potatoes</p> <p>Fresh Iceberg Lettuce &amp; Tomato</p>	
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily \$2.75</p>	<p>Pepperoni Pizza</p> <p>Two Hot Dog Twists</p>	<p>Bosco Cheese Stuffed Breadsticks with 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 with Tomato Dipping Sauce</p>	
 <p>Cold Sandwiches &amp; Salads Made Fresh Your Way \$3.60</p> <p>Available Daily: Tortilla Wraps, Rolls, and <b>Whole Wheat Bread</b> Turkey, Ham, Protein Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers &amp; Fresh Carrots Fresh Composed Salad</p>	<p>Made to Order SANDWICH/SALAD Bar</p> <p>Special: Triple Decker Turkey Club</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Little Italy Wrap</p>	<p>Made to Order SALAD Bar</p> <p>Special: Roast Beef on 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</p> <p>Get the Panini press or the Turbo-Fast Toasted Treatment \$3.60</p>  <p>Fresh Food Fast-Packaged for Grab N' Go</p>	<p>Turkey &amp; Provolone Panini with Fruit, Veg Bar &amp; Milk</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day, Beverages &amp; Snacks</p>	<p>Chicken &amp; Cheese Quesadillas with Fruit, Veg Bar &amp; Milk</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day Beverages &amp; Snacks</p>	<p><b>Toasted Pepperoni &amp; Mozzarella Panini with Marinara Dipping Sauce</b> with Fruit, Veg Bar &amp; Milk</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day Beverages &amp; Snacks</p>	<p>Grilled Chicken with Swiss &amp; Tomato Panini with Fruit, Veg Bar &amp; Milk</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day Beverages &amp; 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 &amp; Fruit Combo</p> <p><b>Fruit Yogurt Parfait with Granola Topping</b></p>	<p><b>Little Italy Wrap</b></p> <p><b>Fruit Yogurt Parfait w/ Granola Topping</b></p>	<p>Breaded Chicken Caesar Salad w/ Crackers</p> <p>Roast Beef on a Kaiser Roll</p> <p><b>Fruit Yogurt Parfait w/ Granola Topping</b></p>	<p>Catalina Turkey Club Salad w/ Whole Wheat Soft Pretzel Sticks</p> <p><b>Fruit Yogurt Parfait w/ Granola Topping</b></p>	
 <p>Cold Fruit &amp; 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>Marinated Tomato &amp; Cucumber Salad</p> <p>Chilled Peaches</p> <p>Fresh Broccoli Florets</p>	<p>Chilled Pineapples</p> <p>Chickpea Salad</p> <p>Carrot Sticks</p> <p>Sweet Chewy Raisins</p>	<p>Pear Raisin Salad</p> <p>Tossed Salad with Light Dressing</p> <p>Fresh Vegetable Gardeniera</p> <p>Fresh Orange Wedges</p>	

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

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 <p>Favorite Comfort Foods &amp; International Flavors Served Your Way in a Portable Bowl \$2.35</p>	NO SCHOOL	<b>BACKYARD BBQ BOWL:</b>  BBQ Chicken Breast  Boston Baked Beans  Corn on the Cob  WG Soft Pretzel Rod  BBQ Sauce  Fresh Chopped Green Onion	<b>EUROPEAN BOWL:</b>  Herb Simmered Beef  Seasoned Noodles Smashed Red Skin Potatoes  Sautéed Mushrooms and Onions  Sweet Peas  Brown Gravy  <b>WG Soft Breadstick</b>  Fresh Chopped Green Onion	<b>AMERICAN DINER BOWL:</b>  Meat Loaf  Macaroni w/ Cheese Sauce Sweet Potato Crisscut Fries  Tossed Salad With Light Dressing  Home Made Wheat Roll  Brown Gravy  Fresh Chopped Parsley	<b>BRUNCH FOR LUNCH</b> 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 &amp; Breaded Chicken Sandwiches Available Daily \$2.85</p>		Ham & Cheese on WG Bun Baked Potato  Fresh Romaine Lettuce & Tomato  Fresh Romaine Lettuce & Tomato	<b>Whole Wheat Grilled Cheese Sandwich</b>  Corn on the Cob  Fresh 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</p>		Bosco Cheese Stuffed Breadsticks with Tomato Dipping Sauce  <b>Two Hot Dog Twists</b>	Ham & Cheese Hot Pocket w/ Tomato Dipping Sauce  Italian Stromboli With Tomato Dipping Sauce	Pepperoni Pizza  <b>Bosco Mexican Stuffed Breadstick with Home Made Nacho Cheese Sauce</b>	<b>Veggie Lover's Pizza</b>  Broccoli and Cheese Calzone
 <p>Cold Sandwiches &amp; Salads Made Fresh Your Way \$3.60</p> <p>Available Daily: Tortilla Wraps, Rolls, and <b>Whole Wheat Bread</b> Turkey, Ham, Protein Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers &amp; Fresh Carrots Fresh Composed Salad</p>		Made to Order SANDWICH Bar  Special: <b>Triple Decker Turkey Club on Whole Wheat</b>	Made to Order SANDWICH Bar  Special: Honey Mustard Roast Beef Wrap	Made to Order SANDWICH Bar  Special: <b>Whole Grain Turkey Wrap w/ Lettuce, Tomato &amp; Herb Mayo</b>	Made to Order SANDWICH Bar  Special: Little Italy Wrap
 <p>Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps Get the Panini press or the Turbo-Fast Toasted Treatment \$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	<b>Toasted Pepperoni &amp; Mozzarella Panini with Marinara Dipping Sauce</b> with Fruit, Veg Bar & Milk  All sandwich meals include Side Station options  King Size Pretzel with Cheese Soup of the Day Beverages & Snacks	Four Cheese with Spinach 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>		Little Italy Wrap  <b>Triple Decker Turkey Club on Whole Wheat</b>  <b>Fruit Yogurt Parfait w/ Granola Topping</b>	Mandarin Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing  <b>Fruit Yogurt Parfait w/ Granola Topping</b>	Breaded Chicken Caesar Salad w/ Crackers  <b>Whole Grain Turkey Wrap w/ Lettuce, Tomato &amp; Herb Mayo</b>  <b>Fruit Yogurt Parfait w/ Granola Topping</b>	Crispy Chicken Popper Salad w/ Crackers  <b>Fruit Yogurt Parfait w/ Granola Topping</b>
 <p>Cold Fruit &amp; Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>		Caesar Romaine Side Salad w/ Croutons  Home Made Potato Salad  <b>Fresh Grapes</b>  Chilled Peaches	<b>Broccoli Salad</b>  Tossed Salad w/ Light Dressing  Petite Bananas  Chilled Diced Pears	<b>Buttermilk Coleslaw</b>  Peachy Fruit Salad  Tossed Salad with Light Dressing  Chilled Mandarin Oranges	Vegetable Pasta Salad  Celery Sticks  Chilled Pineapple Tidbits  Applesauce

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# Midland 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 &amp; International Flavors Served Your Way in a Portable Bowl \$2.35</p>	<p><b>SWEET N SOUR ASIAN RICE BOWL:</b></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><b>Homemade Crunchy Asian Topping</b></p> <p>Sweet N Sour Sauce</p> <p>Fresh Chopped Green Onion</p>	<p><b>UPSIDE DOWN RANCHER'S PIE BOWL</b></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 Shredded</p> <p>Cheddar</p>	<p><b>FAJITA BOWL:</b></p> <p>Chicken Fajita Meat</p> <p>Refried Beans</p> <p>Sautéed Peppers and Onions</p> <p>Cilantro Lime Rice</p> <p>Crisp Mixed Greens</p> <p>WG Tortilla Shell</p> <p>Salsa</p> <p>Shredded Cheddar Cheese</p> <p>Cinnamon Twist Breadstick</p>	<p><b>CHICKEN PARMESAN BOWL:</b></p> <p>Breaded Chicken Cutlet</p> <p>WG Spaghetti</p> <p>Seasoned 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><b>ROASTED CHICKEN BOWL:</b></p> <p>Herb Roasted Chicken Breast</p> <p>Steamed Brown Rice</p> <p><b>Bread Stuffing Made w/ Whole Wheat</b></p> <p>Glazed Carrots</p> <p>Warm Fruit Crisp</p> <p>Whole Grain Dinner Roll</p> <p>Chicken Gravy</p> <p>Fresh Chopped Parsley</p>
 <p>Lean Beef Burgers w/Cheese &amp; Breaded Chicken Sandwiches Available Daily \$2.85</p>	<p>Ham &amp; Swiss on WG Bun</p> <p>Broccoli with Cheese</p> <p>Fresh Iceberg Lettuce &amp; Tomato</p>	<p><b>Grilled Cheese Sandwich on Wheat</b></p> <p>Bowl of Tomato Soup</p> <p>Fresh Iceberg Lettuce &amp; Tomato</p>	<p>Cheese Steak Sandwich</p> <p>Seasoned Potato Wedges</p> <p>Fresh Romaine Lettuce &amp; Tomato</p>	<p>Breaded Chicken Tenders with Wheat Pretzel Rod</p> <p>Seasoned Corn</p> <p>Fresh Iceberg Lettuce &amp; Tomato</p>	<p><b>Breaded Fish Fillet Sandwich on Whole Wheat Bun</b></p> <p>Warm Fruit Crisp</p> <p>Fresh Iceberg Lettuce &amp; Tomato</p>
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily \$2.85</p>	<p>Pepperoni Pizza</p> <p>Whole Wheat Mexican Pita Pizza</p>	<p>Bosco Cheese Stuffed Breadsticks with Tomato Dipping Sauce</p> <p>Stromboli with Roasted Veggies &amp; Spinach</p>	<p>Hawaiian Pizza</p> <p>Sausage Pizza</p>	<p>Veggie Pizza</p> <p>Broccoli Calzone with Tomato Dipping Sauce</p>	<p>Pepperoni Pizza</p> <p>Bosco Mexican Breadstick with Home Made Nacho Cheese</p>
 <p>Cold Sandwiches &amp; Salads Made Fresh Your Way \$3.60</p> <p>Available Daily: Tortilla Wraps, Rolls, and <b>Whole Wheat Bread</b> Turkey, Ham, Protein Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers &amp; Fresh Carrots Fresh Composed Salad</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: <b>Spicy Chicken Wrap</b></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>Turkey &amp; Provolone Panini with Fruit, Veg Bar &amp; Milk</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day, Beverages &amp; Snacks</p>	<p>Ham &amp; Cheese with Fruit, Veg Bar &amp; Milk</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day Beverages &amp; Snacks</p>	<p><b>Toasted Pepperoni &amp; Mozzarella Panini with Marinara Dipping Sauce</b> with Fruit, Veg Bar &amp; Milk</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day Beverages &amp; Snacks</p>	<p>Grilled Chicken with Swiss &amp; Tomato Panini with Fruit, Veg Bar &amp; Milk</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day Beverages &amp; Snacks</p>	<p>Chicken Pesto Panini with Fruit, Veg Bar &amp; Milk</p> <p>All sandwich meals include Side Station options</p> <p>King Size Pretzel with Cheese Soup of the Day Beverages &amp; 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><b>Fruit Yogurt Parfait w/ Granola Topping</b></p>	<p>Crispy Chicken Popper Salad w/ Crackers</p> <p><b>Fruit Yogurt Parfait w/ Granola Topping</b></p>	<p>Breaded Chicken Caesar Salad w/ Whole Wheat Dinner Roll</p> <p>Little Italy Wrap</p> <p><b>Fruit Yogurt Parfait w/ Granola Topping</b></p>	<p>Catalina Turkey Club Salad w/ Crackers</p> <p><b>Fruit Yogurt Parfait w/ Granola Topping</b></p>	<p>Garden Cheese Salad w/ Crackers</p> <p>Santa Fe Turkey and Cheddar Wrap</p> <p><b>Fruit Yogurt Parfait w/ Granola Topping</b></p>
 <p>Cold Fruit &amp; 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/ Light 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><b>Fruit Salad with Cranberries</b></p> <p>Celery Sticks</p>	<p>Tossed Salad w/ Lite 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)**