

Northeast Middle School Lunch Menu

January 30-February 3, 2011

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>Origins Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p> <p>Daily: \$2.35</p>	<p>RAVIOLI</p> <p>Whole Wheat Cheese Ravioli</p> <p>Seasoned Carrots & Corn</p> <p>Wheat Dinner Roll</p> <p>Red Marinara Sauce</p>	<p>SESAME CHICKEN</p> <p>Sesame Chicken</p> <p>Oriental Fried Rice</p> <p>Herbed Broccoli & Cauliflower</p> <p>WG Sesame Breadstick</p> <p>Fortune Cookie</p>	<p>NACHO BAR</p> <p>Spicy Red. Fat Taco Meat</p> <p>Corn Tortilla Chips</p> <p>Spicy Refried Beans</p> <p>Fiesta Rice</p> <p>Cheese Sauce</p> <p>Mexican Corn</p>	<p>POPCORN CHICKEN & MASHED POTATOES</p> <p>Breaded Popcorn Chicken</p> <p>Mashed Potatoes & Gravy</p> <p>Sweet Corn</p> <p>Wheat Dinner Roll</p>	<p>BRUNCH FOR LUNCH</p> <p>Scrambled Eggs</p> <p>Chicken Sausage Patties</p> <p>Wheat Tortilla Wrap</p> <p>Shredded Cheddar Cheese</p> <p>Potato Rounds</p> <p>WG French Toast Sticks</p> <p>Warm Syrup</p> <p>Petite Cinnamon Roll</p>
<p>Fresh Grill Breaded Chicken Sandwich OR Nuggets, Tenders or Popcorn Chicken with Roll Daily \$2.85</p>	<p>Grilled Cheese Sandwich on Wheat</p> <p>WG Chicken Sandwich</p> <p>Bowl of Tomato Soup</p>	<p>Ham & Cheese on WG Bun</p> <p>WG Chicken Nuggets with Wheat Roll</p> <p>Broccoli & Cheese</p>	<p>Mini Chicken Sandwich Sliders</p> <p>Classic Cheeseburger</p> <p>Sweet Potato Tots</p>	<p>Country Skillet Breakfast Wrap</p> <p>Breaded Popcorn Chicken with Wheat /Roll</p> <p>Potato Sticks</p>	<p>Crispy Fish Sandwich on Whole Wheat Bun</p> <p>Warm Baked Apple Slices</p>
<p>Pizza Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily \$2.85</p>	<p>Peperoni Pizza</p>	<p>Bosco Cheese Stuffed Breadsticks with Tomato Dipping Sauce</p>	<p>Spinach & Roasted Vegetables Stromboli With Tomato Dipping Sauce</p>	<p>Pepperoni Pizza</p>	<p>Bosco Mexican Stuffed Breadstick with Home Made Nacho Cheese Sauce</p>
<p>Sandwich Central Cold Sandwiches & Salads Made Fresh Your Way</p> <p>Available Daily: \$3.60 Tortilla Wraps, Rolls, and Whole Wheat Bread</p> <p>Turkey, Ham, Breaded Chicken Strips, Tuna Salad American and Part Skim Mozzarella Cheese, Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta 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>Fruit & Vegetable Bar Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	<p>Caesar Side Salad With Croutons</p> <p>Mandarin Oranges</p> <p>Fresh Grapes</p> <p>Carrot Sticks</p>	<p>Tossed Salad</p> <p>Apple Sauce</p> <p>Fresh Broccoli</p> <p>Peachy Fruit Salad</p>	<p>Watermelon Cubes</p> <p>Vegetable Pasta Salad</p> <p>Confetti Coleslaw</p> <p>Chilled Mixed Fruit</p>	<p>Caesar Romaine Side Salad w/Croutons</p> <p>Raisins</p> <p>Pineapple</p> <p>Celery sticks</p>	<p>Tossed Salad</p> <p>Carrot Sticks</p> <p>Cinnamon Apple Slices</p> <p>Chilled Pears</p>



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)



Menu item is offered with the complete daily Balanced Choices® Meal

Northeast Middle School Lunch Menu

February 6-10, 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
Origins Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl Daily: \$2.35	BEEF RIB Korean Braised Beef Ribbies With Home Made Sesame Sauce Steamed Brown Rice Steamed Broccoli	POPCORN CHICKEN & MASHED POTATOES Breaded Popcorn Chicken Mashed Potatoes with Gravy Seasoned Carrots & Corn WG Soft Pretzel Rod	NACHO BAR Spicy Red. Fat Taco Meat Corn Tortilla Chips Spicy Refried Beans Fiesta Rice Cheese Sauce Mexican Corn	ROAST TURKEY Roast Turkey With Gravy Mashed Sweet Potatoes Seasoned Green Beans Wheat Roll	SPAGHETTI Italian Spaghetti w/Meatballs In Spaghetti Sauce Toasted Garlic Bread Sweet Peas
Fresh Grill Breaded Chicken Sandwich OR Nuggets, Tenders or Popcorn Chicken with Roll Daily \$2.85	Hot Chili Burger w/Monterey Jack WG Chicken Sandwich Broccoli & Cheese	WG Mini Corn Dog Nuggets w/ Wheat Roll WG Chicken Sandwich Potato Smiles	Grilled Cheese Sandwich on Wheat Breaded Popcorn Chicken w/Wheat Soft Pretzel Rod Mexican Corn	Chicken Snack Wrap Mini Burger Sliders Seasoned Green Beans	BBQ Chicken Wrap WG Chicken Nugget w/Wheat Roll Sweet Potato Crispscut Fries
Pizza Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily: \$2.85	Pepperoni Pizza	Bosco Mexican Stuffed Breadstick with Home Made Nacho Cheese Sauce	Ham & Cheese Hot Pocket w/ Tomato Dipping Sauce	Bosco Cheese Breadsticks With Tomato Dipping Sauce	Pepperoni Pizza
Sandwich Central Cold Sandwiches & Salads Made Fresh Your Way Available Daily: \$3.60 Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Breaded Chicken Strips, Tuna Salad American and Part Skim Mozzarella Cheese, Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad	Made to Order SANDWICH Bar Special: Little Italy Wrap	Made to Order SANDWICH Bar Special: Parisian Ham & Cheese Wrap	Made to Order SANDWICH Bar Special: Chicken Caesar Wrap	Made to Order SANDWICH Bar Special: Turkey Wrap with Herb Mayo	Made to Order SANDWICH Bar Special: Buffalo Chicken Salad On Wheat Roll
Fruit & Vegetable Bar Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Tossed Salad Fresh Broccoli Florets Orange Wedges Chilled Mixed Fruit	Chickpea Salad Sweet Chewy Raisins Chilled Pears Fresh Broccoli Florets	Macaroni Salad Chilled Peaches Carrot Sticks Tossed Salad	Tossed Salad Grapes Chilled Fruit Mix Fresh Broccoli	Tossed Salad Celery Sticks Applesauce Chilled Peaches



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Northeast Middle School Lunch Menu

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

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Origins Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl Daily: \$2.35</p>	<p>NACHO BAR Spicy Red. Fat Taco Meat Corn Tortilla Chips Spicy Refried Beans Fiesta Rice Cheese Sauce Mexican Corn</p>	<p>SWEET & SOUR POPCORN CHICKEN Sweet & Sour Popcorn Chicken Steamed Brown Rice Steamed Broccoli Wheat Dinner Roll Fortune Cookie</p>	<p>CHICKEN FAJITAS Chicken Fajita Meat Tortilla Chips Or Wheat Tortilla Wrap Rice & Beans Warm Baked Apple Slices</p>	<p>ROAST CHICKEN Roast Chicken Breast Mashed Potatoes & Gravy Glazed Carrots Wheat Dinner Roll</p>	NO SCHOOL
<p>Fresh Grill Breaded Chicken Sandwich OR Nuggets, Tenders or Popcorn Chicken with Roll Daily \$2.85</p>	<p>Ham & Swiss on WG Bun WG Breaded Chicken Sandwich Golden Corn</p>	<p>Classic Cheeseburger on WG Bun Chicken Tenders with Wheat Soft Pretzel Rod Broccoli & Cheese</p>	<p>Country Skillet Breakfast Wrap WG Breaded Chicken Sandwich Baked Apple Slices</p>	<p>Popcorn Chicken w Wheat /Roll Classic Cheeseburger Mashed Potatoes</p>	
<p>Pizza Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily \$2.85</p>	<p>Pepperoni Pizza</p>	<p>Bosco Cheese Breadsticks & Tomato Dipping Sauce</p>	<p>Chicken & Roma Tomato Pita Pizza</p>	<p>Ham & Pineapple Pizza</p>	
<p>Sandwich Central Cold Sandwiches & Salads Made Fresh Your Way Available Daily: \$3.60 Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Breaded Chicken Strips, Tuna Salad American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad</p>	<p>Made to Order SANDWICH Bar Special: Turkey Club Wrap</p>	<p>Made to Order SANDWICH Bar Special: Little Italy Wrap</p>	<p>Made to Order SANDWICH Bar Special: Roast Beef on A Kaiser Roll</p>	<p>Made to Order SANDWICH Bar Special: Honey Mustard Ham & Cheese Wrap</p>	
<p>Fruit & Vegetable Bar Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	<p>Tossed Salad Macaroni Salad Mandarin Oranges Chilled Mixed Fruit</p>	<p>Vegetable Pasta Salad Fresh Broccoli Peaches Fresh Apple</p>	<p>Tossed Salad Apple Slices Carrot Sticks Chilled Pears</p>	<p>Pear Raisin Salad Oregano & Bean Pasta Salad Orange Wedges Carrot Sticks</p>	



Menu item is made w/ whole grain



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Northeast Middle School Lunch Menu

February 20-24, 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
Origins Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl Daily: \$2.35	NO SCHOOL	BBQ CHICKEN BBQ Chicken Breast Boston Baked Beans Corn on the Cob Wheat Soft Pretzel Rod	NACHO BAR Spicy Reduced Fat Taco Meat Corn Tortilla Chips Spicy Refried Beans Fiesta Rice Cheese Sauce Mexican Corn	MACARONI & CHEESE Home Made Macaroni & Cheese Wheat Dinner Roll Sweet Potato Tots Seasoned Carrots	BREAKFAST FOR LUNCH WG French Toast Sticks w/Syrup Chicken Sausage Patties Potato Rounds Petite Cinnamon Roll
Fresh Grill Breaded Chicken Sandwich OR Nuggets, Tenders or Popcorn Chicken with Roll Daily \$2.85		Ham & Cheese on WG Bun WG Chicken Nuggets w/Wheat Roll Baked Potato	Grilled Cheese Sandwich on Wheat WG Chicken Sandwich Corn on the Cob	BLT Burger on WG Bun Breaded Popcorn Chicken with Wheat Dinner Roll Sweet Potato Crisscut Fries	Mini Chicken Sandwich Sliders Classic Cheeseburger Potato Rounds
Pizza Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily \$2.85		Bosco Cheese Breadsticks with Tomato Dipping Sauce	Ham & Cheese Hot Pocket with Tomato Dipping Sauce	Veggie Pizza	Pepperoni Pizza
Sandwich Central Cold Sandwiches & Salads Made Fresh Your Way Available Daily: \$3.60 Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Breaded Chicken Strips, Tuna Salad American and Part Skim Mozzarella Cheese, Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad		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
Fruit & Vegetable Bar Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available		Caesar Romaine Side Salad w/CROUTONS Fresh Carrot Sticks Fresh Grapes Chilled Peaches	Broccoli Salad Tossed Salad w/Light Dressing Petite Bananas Chilled Mixed Fruit	Buttermilk Coleslaw Peachy Fruit Salad Tossed Salad w/Light Dressing Chilled Mandarin Oranges	Spinach Salad Fruit Crisp Diced Pears Fresh Broccoli Florets



Menu item is made w/ whole grain



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Northeast Middle 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
Origins Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl Daily: \$2.35	SWEET N SOUR POPCORN CHICKEN Sweet & Sour Sauce Popcorn Chicken Steamed Brown Rice Steamed Broccoli Wheat Dinner Roll Fortune Cookie	HERBED BEEF & POTATOES Savory Beef Mashed Potatoes Mixed Vegetables Wheat Dinner Roll Warm Baked Apple Slices	NACHO BAR Spicy Red. Fat Taco Meat Corn Tortilla Chips Spicy Refried Beans Fiesta Rice Cheese Sauce Mexican Corn	CHICKEN PARMESAN WG Breaded Chicken Patty With Mozzarella Cheese Whole Grain Spaghetti Noodles Spaghetti Sauce Seasoned Corn WG Soft Breadstick	ROASTED CHICKEN Roasted Chicken Breast & Gravy Whole Wheat Bread Stuffing Glazed Carrots Warm Fruit Crisp
Fresh Grill Breaded Chicken Sandwich OR Nuggets, Tenders or Popcorn Chicken with Roll Daily \$2.85	Ham & Swiss on WG Bun WG Breaded Chicken Sandwich Golden Corn	Grilled Cheese Sandwich on Wheat WG Chicken Nuggets With Wheat Soft Pretzel Rod Bowl of Tomato Soup	California Cheese Steak Wrap WG Breaded Chicken Sandwich Potato Wedges	Breaded Popcorn Chicken With Wheat Soft Pretzel Rod Classic Cheeseburger Seasoned Corn	Breaded Fish Fillet on WG Bun Breaded Chicken Tenders with Wheat Roll Fruit Crisp
Pizza Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily \$2.85	Pepperoni Pizza	Bosco Cheese Breadsticks With Tomato Dipping Sauce	Italian Stromboli With Tomato Dipping Sauce	Bosco Mexican Stuffed Breadstick with Home Made Nacho Cheese Sauce	Pepperoni Pizza
Sandwich Central Cold Sandwiches & Salads Made Fresh Your Way Available Daily: \$3.60 Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Breaded Chicken Strips, Tuna Salad American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad	Made to Order SANDWICH Bar Special: Chicken Caesar Wrap	Made to Order SANDWICH Bar Special: Buffalo Chicken Salad On Wheat Roll	Made to Order SANDWICH Bar Special: Little Italy Wrap	Made to Order SANDWICH Bar Special: Spicy Chicken Wrap	Made to Order SANDWICH Bar Special: Santa Fe Turkey & Cheddar Wrap
Fruit & Vegetable Bar Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Tossed Salad Vegetable Pasta Salad Mandarin Oranges Chilled Mixed Fruit	Macaroni Salad Tossed Salad Pear Raisin Salad Fresh Apple	Tossed Salad Apple Slices Carrot Sticks Chilled Pears	Petite Banana Tossed Salad Mixed Fruit Carrot Sticks	Spinach Salad Peaches Pineapple Tidbits Fresh Broccoli Florets



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