

Secondary School Lunch Menu

January 2010

4 - 8 JANUARY				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Entrée - Choose 1	Entrée - Choose 1	Entrée - Choose 1	Entrée - Choose 1	Entrée - Choose 1
Baked Chicken w/ Dinner Roll Blackbean Burger on a Bun (V) Nic Nac Chicken Salad w/ Crackers Meat Nachos w/ Cheese Sauce Turkey Caesar Wrap Vegetarian Options Blackbean Burger on a Bun (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Baked Chicken w/ GF Bread (GF)	Cheese Pizza (V) Chicken Fillet on WG Bun Ham Salad w/ Crackers Hamburger Sliders ABC Salad w/ Crackers Vegetarian Options Cheese Pizza (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options French Bread Pizza (GF)	Spaghetti w/ Meat Sauce & Bread Stick Turkey Sandwich Grilled Chicken Caesar w/ Crackers Hotdog on a Bun Turkey Salad w/ Crackers Vegetarian Options Spaghetti w/ Sauce & Cheese (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Mac & Meat Sauce (GF)	BBQ Riblets w/ Dinner Roll Breaded Chicken Chunks w/ Dinner Roll Chef Salad w/ Crackers Cheese Pizza Dippers (V) Chicken Tender Wrap Vegetarian Options Chik'n Nuggets (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Chicken Nuggets (GF)	Lasagna w/ Garlic Toast Fish Sticks w/ Garlic Toast Chicken Fillet Salad w/ Crackers Baked Potato w/ Cheese (V) Tuna Salad Vegetarian Options Baked Potato w/ Cheese (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Fish Sticks (GF)
Side Items - Choose 3	Side Items - Choose 2	Side Items - Choose 3	Side Items - Choose 2	Side Items - Choose 3
Flame Roasted Potato Medley Sweet Kernel Corn Chilled Pineapples Craisins Dolphin Crackers	Carrot & Celery w/FF Dip Tomato & Cucumber Salad Mixed Fruit Cup Fresh Sliced Apples	Green Beans Garden Side Salad Chilled Pears Fresh Fruit Cup Whole Fruit Juice Bar	Mashed Potatoes w/ Gravy Steamed Broccoli Chilled Peaches Banana	Steamed Carrots Green Beans Applesauce Juicy Orange Wedges Blueberry Muffin

11 - 15 JANUARY				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Entrée - Choose 1	Entrée - Choose 1	Entrée - Choose 1	Entrée - Choose 1	Entrée - Choose 1
Hamburger on a Bun Grilled Cheese Sandwich (V) Nic Nac Chicken Salad w/ Crackers Chicken Fryz Veggie Wrap (V) Vegetarian Options Grilled Cheese Sandwich (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Grilled Cheese GF Bread (GF)	Turkey & Veg Egg Roll** Orange Ginger Chicken Bowl** Ham Salad w/ Crackers Chicken Fillet on WG Bun Asian Chopped Salad Vegetarian Options Orange Ginger Chik'n Bowl** (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Chicken Fillet on GF Bread (GF)	Philly Cheese Sandwich Cheese Salad (V) Turkey Salad w/ Crackers Hotdog on a Bun Mexican Chicken Salad Vegetarian Options Cheese Salad w/ Crackers (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Cheese Salad (GF)	Chicken Sliders Meatball Sub Sandwich Chef Salad w/ Crackers Turkey Wrap Ham Submarine Vegetarian Options Italian Pasta & Cheese Salad (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Turkey on Corn Tortilla Wrap (GF)	Breakfast Panini Sausage Patty*** (V) Chicken Fillet Salad w/ Crackers Cheese Pizza Dippers (V) Tuna Wrap Vegetarian Options Cheese Omelet (V) or Sausage Patty (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options French Toast Sticks (GF)
Side Items - Choose 3	Side Items - Choose 2	Side Items - Choose 2	Side Items - Choose 3	Side Items - Choose 2
Deli Roasters Steamed Broccoli Mandarin Oranges Melon Fruit Cups Elf Grahams	Mediterranean Vegetable Blend Green Beans Chilled Peaches Chilled Pineapples **Brown Rice	Baked Beans Steamed Carrots Fresh Fruit Cup Applesauce	Sweet Potato Wedges Spinach & Tomato Salad Chilled Pears Juicy Orange Wedges Italian Pasta Salad	Deli Roasters Montego Bay Veggie Blend Fruit Cocktail Fresh Sliced Apples ***French Toast Sticks

Note: Milk offered daily

*Fruit & Yogurt Parfait availability may vary depending on location

Beginning 5 October Vegetarian and Gluten-Free Options are available. Please see your school Nurse or Cafeteria Manager to order these options.

Some schools offer fewer choices than listed above for various reasons. Please see your cafeteria manager with questions.

Secondary School Lunch Menu

January 2010

18 - 22 JANUARY				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Entrée - Choose 1	Entrée - Choose 1	Entrée - Choose 1	Entrée - Choose 1
Martin Luther King Jr. Day	Turkey w/ Savory Herb Stuffing* Breaded Chicken Chunks w/ DR Ham Salad Hamburger Sliders ABC Salad Vegetarian Options Blackbean Burger (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V)	Chicken & Mashed Potato Bowl Ham & Cheese Sandwich Turkey Salad Hotdog on a Bun Grilled Chicken Caesar Vegetarian Options Chik'n & Mashed Potato Bowl (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V)	Hearty Pasta Bake w/ Dinner Roll Turkey Club Panini Chef Salad Cheese Pizza Chicken Tender Wrap Vegetarian Options Cheese Pizza Dippers (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V)	Mozzarella Sticks (V) Chicken Alfredo w/ Pasta Chicken Fillet Salad Baked Potato w/ Cheese (V) Tuna Salad Vegetarian Options Mozzarella Sticks (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V)
No School	Gluten Free Options Chicken Nuggets (GF)	Gluten Free Options Bkd Chicken w/ Mashed Potatoes (GF)	Gluten Free Options Mac & Meat Sauce (GF)	Gluten Free Options Baked Potato w/ Cheese (GF)
	Side Items - Choose 3	Side Items - Choose 3	Side Items - Choose 3	Side Items - Choose 3
	Roasted Vegetable Medley Steamed Carrots Mixed Fruit Cup Juicy Orange Wedges *Dinner Roll / Whole Fruit Bar	Green Beans Montego Bay Veggie Blend Chilled Peaches Fresh Seasonal Fruit Oatmeal Cookie	Flame Roasted Potato Medley Cucumber & Carrots w/ FF Dip Applesauce Banana Hearty Vegetable Soup	Garden Salad Cauliflower & Carrots Chilled Pears 100% Fruit Juice Fruited Jell-O

25 - 29 JANUARY				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Entrée - Choose 1	Entrée - Choose 1	Entrée - Choose 1	Entrée - Choose 1	Entrée - Choose 1
Corn Dog Club Submarine Nic Nac Chicken Salad Chicken Fryz Veggie Wrap (V) Vegetarian Options Veggie Wrap (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Turkey Corn Dog (GF)	Chicken & Cheese Quesadilla Turkey Tetrazzini Ham Salad Chicken Fillet on a Bun Asian Chopped Salad Vegetarian Options Grilled Cheese (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Chicken Quesadilla on Corn Tortilla (GF)	Beef & Broccoli Bowl* Mac & Cheese Entrée (V) Turkey Salad Hotdog on a Bun Mexican Chopped Salad Vegetarian Options Mac & Cheese Entrée (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Mac & No Cheese (GF)	Chicken Tenders w/ Dinner Roll Beef Ravioli Chef Salad Turkey Wrap Ham Submarine Vegetarian Options Chik'n Nuggets w/ Dinner Roll (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Chicken Pattie (GF)	Pepperoni Pizza Ranch Turkey/Cheese Wrap Chicken Fillet Salad Cheese Pizza Dippers Tuna Wrap Vegetarian Options Cheese Pizza Strips (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options French Bread Pizza (GF)
Side Items - Choose 3	Side Items - Choose 3	Side Items - Choose 2	Side Items - Choose 3	Side Items - Choose 2
Montego Bay Veggie Blend Cauliflower Chilled Peaches Melon Fruit Cup Chicken Noodle Soup	Deli Roasters Romaine & Tomato Salad Mandarin Oranges Fresh Sliced Apples Blueberry Muffin	Steamed Carrots Garden Side Salad Fruit Cocktail Seasonal Fruit *Brown Rice	Green Beans Sweet Kernel Corn Applesauce Banana Chocolate Chip Cookie	Broccoli, Carrots & Cauliflower Carrots & Celery ww/ FF Dip Juicy Orange Wedges Chilled Pears

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Students are encouraged to select all meal components: meat/meat alternative, vegetable, fruit grain and milk.

