

Menu for Week of January 23 thru January 27, 2012

MHS/MPL

Monday

Tuesday

Wednesday

Thursday

Friday

Origins

Sweet Sour Chicken

Taco/Nacho Bar
Variety of toppings

Pasta Bar
Variety of sauces and toppings

Early Dismissal!

Korean Rib Sandwich

THE FRESH GRILLE

Crispy Chicken Patty

Crispy Chicken Patty

Crispy Chicken Patty



Crispy Chicken Patty

Cheeseburger on a bun

Cheeseburger on a bun

Cheeseburger on a bun

Cheeseburger on a bun

Buffalo Chicken Sandwich

Hot Dog

BBQ Chicken Cheddar

Hot Ham & Cheese

Trattoria

Pepperoni Pizza

Pepperoni Pizza

Pepperoni Pizza

Pepperoni Pizza

Sausage Pizza

Supreme Pizza

Sausage Pizza

Veggie Pizza

Cheese Pizza

Cheese Pizza

Cheese Pizza

Cheese Pizza



Sandwich Central

Deli Meats & Cheese's
Lettuce, pickles, peppers, onions

Deli Meats & Cheese's
Lettuce, pickles, peppers, onions

Deli Meats & Cheese's
Lettuce, pickles, peppers, onions

Deli Meats & Cheese's
Lettuce, pickles, peppers, onions

Assorted dressings

Assorted dressings

Assorted dressings

Assorted dressings

Whole Wheat Roll or Wrap

Whole Wheat Roll or Wrap

Whole Wheat Roll or Wrap

Whole Wheat Roll or Wrap

Crispy Chicken Salad
Grilled Chicken Salad

Crispy Chicken Salad
Chicken Caesar Salad

Crispy Chicken Salad
Grilled Chicken Salad

Crispy Chicken Salad
Grilled Chicken Salad

Triple Decker PB&J

Ham & Cheese on Pretzel Roll

Santa Fe Turkey Wrap

3 Cheese Wrap



Mashed Potato

Seasoned Brown Rice

Sweet Potato

Rice & Beans

Green Beans

Steamed Broccoli

Seasoned Corn

Seasoned Peas

Spinach Salad w/Bacon

Berry Applesauce

Grape Tomatoes

Fresh Carrots & Celery Sticks

Apples, Orange, Banana

Apples, Banana

Apples, Banana

Apples, Banana

Diced Pears

Mandarin Oranges

Grapes

Diced Peaches

Choice of Side Dishes

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800)795-3272 or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.

Entrees in bold print are the Primary component of a balanced Choices meal. Balanced Choice Meals are nutrient dense offerings that go beyond nutritional standards set forth by the National School Lunch program. Each meal is designed to meet 1/3 of students' daily requirements for calories, vitamins A & C, calcium and iron and to provide no > 30% of calories, no > 10% calories from saturated fat and no > 1300 mg of sodium.



Menu for Week of January 30 thru February 3, 2012

MHS/MPL

Monday

Tuesday

Wednesday

Thursday

Friday



Philly Cheesesteak Sandwich	Taco/Nacho Bar Variety of toppings	Pasta Bar Variety of sauces and toppings	Tater Tot Casserole	Chicken Fajitas with toppings
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Crispy Chicken Patty	Crispy Chicken Patty	Crispy Chicken Patty	Crispy Chicken Patty	Crispy Chicken Patty
Cheeseburger on a bun Buffalo Chicken Sandwich	Cheeseburger on a bun Hot Dog	Cheeseburger on a bun BBQ Chicken Cheddar	Cheeseburger on a bun Hot Dog	Cheeseburger on a bun Hot Ham & Cheese



Pepperoni Pizza Sausage Pizza	Pepperoni Pizza Supreme Pizza	Pepperoni Pizza Sausage Pizza	Pepperoni Pizza Southwestern Chicken Flatbread	Pepperoni Pizza Veggie Pizza
Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza



Deli Meats & Cheese's Lettuce, pickles, peppers, onions Assorted dressings	Deli Meats & Cheese's Lettuce, pickles, peppers, onions Assorted dressings	Deli Meats & Cheese's Lettuce, pickles, peppers, onions Assorted dressings	Deli Meats & Cheese's Lettuce, pickles, peppers, onions Assorted dressings	Deli Meats & Cheese's Lettuce, pickles, peppers, onions Assorted dressings
Whole Wheat Roll or Wrap	Whole Wheat Roll or Wrap	Whole Wheat Roll or Wrap	Whole Wheat Roll or Wrap	Whole Wheat Roll or Wrap



Crispy Chicken Salad Grilled Chicken Salad	Crispy Chicken Salad Chicken Caesar Salad	Crispy Chicken Salad Grilled Chicken Salad Taco Salad	Crispy Chicken Salad Chicken Caesar Salad	Crispy Chicken Salad Grilled Chicken Salad
Triple Decker PB&J	Ham & Cheese on Pretzel Roll Sample Me!	Santa Fe Turkey Wrap	Health Club Sub on Kaiser Roll	3 Cheese Wrap



Mashed Potato	Rice Pudding	Sweet Potato	Macaroni Salad	Rice & Beans
Glazed Carrots	Broccoli Salad Sample Me!	Green Beans	Seasoned Peas	Seasoned Corn
Cauliflower Florets	Berry Applesauce	Grape Tomatoes	Warm Cinnamon Apples	Fresh Carrots & Celery Sticks
Apples, Orange, Banana	Apples, Banana	Apples, Banana	Apples, Banana	Apples, Banana
Diced Pears	Mandarin Oranges	Grapes	Pineapple Tidbits	Diced Peaches

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Menu for Week of February 6 thru February 10, 2012

MHS/MPL

Monday

Tuesday

Wednesday

Thursday

Friday



NEW

THE FRESH GRILLE



Choice or Side Dishes

Pizza Burger	Taco/Nacho Bar	Pasta Bar Variety of sauces and toppings	Baked Potato Bar	Chicken Snack Wrap(2)
Crispy Chicken Patty	Crispy Chicken Patty	Crispy Chicken Patty	Crispy Chicken Patty	Crispy Chicken Patty
Cheeseburger on a bun	Cheeseburger on a bun	Cheeseburger on a bun	Cheeseburger on a bun	Cheeseburger on a bun
Buffalo Chicken Sandwich	Hot Dog	BBQ Chicken Cheddar	Hot Dog	Hot Ham & Cheese
Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza
Sausage Pizza	Supreme Pizza	Sausage Pizza	Southwestern Chicken Flatbread	Veggie Pizza
Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
Deli Meats & Cheese's Lettuce, pickles, peppers, onions	Deli Meats & Cheese's Lettuce, pickles, peppers, onions	Deli Meats & Cheese's Lettuce, pickles, peppers, onions	Deli Meats & Cheese's Lettuce, pickles, peppers, onions	Deli Meats & Cheese's Lettuce, pickles, peppers, onions
Assorted dressings	Assorted dressings	Assorted dressings	Assorted dressings	Assorted dressings
Whole Wheat Roll or Wrap	Whole Wheat Roll or Wrap	Whole Wheat Roll or Wrap	Whole Wheat Roll or Wrap	Whole Wheat Roll or Wrap
Crispy Chicken Salad Grilled Chicken Salad	Crispy Chicken Salad Chicken Caesar Salad	Crispy Chicken Salad Grilled Chicken Salad	Crispy Chicken Salad Chicken Caesar Salad	Crispy Chicken Salad Grilled Chicken Salad
Triple Decker PB&J	Ham & Cheese on Pretzel Roll	Santa Fe Turkey Wrap 	Health Club Sub on Kaiser Roll	3 Cheese Wrap
Mashed Potato	Fiesta Rice	Sweet Potato	Broccoli Salad	Confetti Coleslaw
Herbed Broccoli & Cauliflower Salad	Steamed Broccoli	Green Beans	Seasoned Peas	Seasoned Corn
Lettuce Salad	Berry Applesauce	Grape Tomatoes	Warm Cinnamon Apples	Fresh Carrots & Celery Sticks
Apples, Orange, Banana	Apples, Banana	Apples, Banana	Apples, Banana	Apples, Banana
Diced Pears	Mandarin Oranges	Grapes	Pineapple Tidbits	Diced Peaches

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Menu for Week of February 13 thru February 17, 2012

MHS/MPL

Monday

Tuesday

Wednesday

Thursday

Friday



Meatball Hoogie w/shredded mozzarella	Taco/Nacho Bar w/variety of toppings	Pasta Bar Variety of sauces and toppings featuring Alfredo Sauce	Sloppy Joe Sliders	Grilled Cheese and Tomato Soup
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Crispy Chicken Patty	Crispy Chicken Patty	Crispy Chicken Patty	Crispy Chicken Patty	Crispy Chicken Patty
Cheeseburger on a bun	Cheeseburger on a bun	Cheeseburger on a bun	Cheeseburger on a bun	Cheeseburger on a bun
Buffalo Chicken Sandwich	Hot Dog	BBQ Chicken Cheddar	Hot Dog	Hot Ham & Cheese



Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza
Sausage Pizza	Supreme Pizza	Sausage Pizza	Southwestern Chicken Flatbread	Veggie Pizza
Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza



Deli Meats & Cheese's Lettuce, pickles, peppers, onions	Deli Meats & Cheese's Lettuce, pickles, peppers, onions	Deli Meats & Cheese's Lettuce, pickles, peppers, onions	Deli Meats & Cheese's Lettuce, pickles, peppers, onions	Deli Meats & Cheese's Lettuce, pickles, peppers, onions
Assorted dressings	Assorted dressings	Assorted dressings	Assorted dressings	Assorted dressings
Whole Wheat Roll or Wrap	Whole Wheat Roll or Wrap	Whole Wheat Roll or Wrap	Whole Wheat Roll or Wrap	Whole Wheat Roll or Wrap



Crispy Chicken Salad Grilled Chicken Salad	Crispy Chicken Salad Chicken Caesar Salad	Crispy Chicken Salad Grilled Chicken Salad Taco Salad	Crispy Chicken Salad Chicken Caesar Salad	Crispy Chicken Salad Grilled Chicken Salad
Triple Decker PB&J	Ham & Cheese on Pretzel Roll	Santa Fe Turkey Wrap	Health Club Sub on Kaiser Roll	3 Cheese Wrap



Mashed Potato	Seasoned Brown Rice	Sweet Potato	Broccoli Salad	Macaroni Salad
Glazed Carrots	Steamed Broccoli	Green Beans	Seasoned Peas	Seasoned Corn
Cauliflower Florets	Berry Applesauce	Grape Tomatoes	Warm Cinnamon Apples	Fresh Carrots & Celery Sticks
Apples, Orange, Banana	Fresh Pear	Apples, Banana	Fresh Pear	Apples, Banana
Diced Pears	Mandarin Oranges	Grapes	Pineapple Tidbits	Diced Peaches

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Menu for Week of February 20 thru February 24, 2012

MHS/MPL

Monday

Tuesday

Wednesday

Thursday

Friday



Chicken Cordon Bleu Sandwich	Taco/Nacho Bar Variety of toppings	Pasta Bar Variety of sauces and toppings	Salad Bar	<i>No School!</i>
Crispy Chicken Patty	Crispy Chicken Patty	Crispy Chicken Patty	Crispy Chicken Patty	
Cheeseburger on a bun	Cheeseburger on a bun	Cheeseburger on a bun	Cheeseburger on a bun	
Buffalo Chicken Sandwich	Hot Dog	BBQ Chicken Cheddar	Hot Dog	
Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	
Sausage Pizza	Supreme Pizza	Sausage Pizza	Southwestern Chicken Flatbread	
Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	
Deli Meats & Cheese's Lettuce, pickles, peppers, onions	Deli Meats & Cheese's Lettuce, pickles, peppers, onions	Deli Meats & Cheese's Lettuce, pickles, peppers, onions	Deli Meats & Cheese's Lettuce, pickles, peppers, onions	
Assorted dressings	Assorted dressings	Assorted dressings	Assorted dressings	
Whole Wheat Roll or Wrap	Whole Wheat Roll or Wrap	Whole Wheat Roll or Wrap	Whole Wheat Roll or Wrap	
Crispy Chicken Salad Grilled Chicken Salad	Crispy Chicken Salad Chicken Caesar Salad	Crispy Chicken Salad Grilled Chicken Salad Taco Salad	Crispy Chicken Salad Chicken Caesar Salad	
Triple Decker PB&J	Ham & Cheese on Pretzel Roll 	Santa Fe Turkey Wrap 	Health Club Sub on Kaiser Roll	
Mashed Potato	Fiesta Rice	Sweet Potato	Macaroni Salad	
Green Beans	Refried Beans	Seasoned Corn	Steamed Broccoli	
Fresh Carrots & Celery Sticks	Berry Applesauce	Grape Tomatoes	Warm Cinnamon Apples	
Apples, Orange, Banana	Apples, Banana	Apples, Banana	Apples, Banana	
Diced Peaches	Mandarin Oranges	Grapes	Pineapple Tidbits	



Side Dishes

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