

Hillside Lunch Menu

Week 1
February 1 –5, 2010


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

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

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	BRYCE LIPOVSKY'S BOWL: Footlong Hot Dog Chili Homemade Cheese Sauce Baked Potato Wedges Buttermilk Coleslaw Diced Onion	SOUTHEAST ASIAN RICE BOWL: Sweet and Sour Chicken w/Pineapple Steamed Brown Rice Fresh Steamed Broccoli Cuts Sesame Breadstick Sesame Soy Vinaigrette Chopped Green Onion	ALL AMERICAN BBQ BOWL: Beef Pasties Cinnamon Sweet Potato Coins Confetti Coleslaw Beef Gravy Fresh Parsley Flakes	MOMS MASHED POTATO BOWL: Popcorn Chicken* Fresh Homemade Mashed Potatoes Seasoned Mixed Veggies* Dinner Roll Chicken Gravy Green Parsley	SIZZLING TACO SALAD BOWL: Spicy Taco Meat Whole Grain Baked Tortilla Shell Scoops Crunchy Spinach Salad Warm Baked Apple Slices Cinnamon Breadstick Fresh Homemade Salsa
 Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily on Whole Wheat Crust	Buffalo Chicken Pizza* Tossed Salad w/ Light Dressing*	Ham, Green Pepper & Mushroom Pizza Carrot Sticks	Pepperoni Stromboli w/Dipping Sauce Confetti Coleslaw	Meat Lover's Pizza Tossed Salad w/ Light Dressing	Philly Cheesesteak Pizza Crunchy Spinach Salad
 Fresh Food Fast-Packaged for Grab N' Go	Garden Cheese Salad w/ Whole Grain Whole Grain Crackers Triple Decker Turkey Club on Whole Wheat Ham & Cheese on a Kaiser Roll <i>Food Focus</i> Petite Bananas Sweet Chewy Raisins	Chicken Caesar Salad Whole Grain Whole Croutons Neapolitan Hero w/ Balsamic Vinaigrette* & Vegetable Pasta Salad* Chicken Caesar Wrap Vanilla Mint Pineapples Carrot Sticks	Breaded Chicken Caesar Salad w/ Whole Grain Whole Grain Crackers BBQ Chicken Salad w/ Toasted Flatbreads & Homemade Ranch Dressing* Italian Hero Fresh Apples Confetti Coleslaw	Chicken Caesar Salad Whole Grain Whole Croutons Honey Mustard Ham & Cheese Wrap Fruit Yogurt Parfait W/ Granola Topping Veggie Pasta Salad <i>Food Focus</i> Petite Bananas*	Deli Chef Salad w/ Whole Grain Whole Grain Crackers Peanut Butter & Apple Whole Wheat Roll Ups Italian Hero Fresh Orange Wedges Creamy Carrot Raisin Pineapple Salad
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Tossed Salad w/ Light Dressing* <i>Food Focus</i> Petite Bananas* Fresh Cut Fruit in Season Carrot Sticks	Caesar Romaine Side Salad w/ Croutons Vanilla Mint Pineapples* Carrot Sticks Sweet and Sour Celery	Watermelon Cubes Fresh Apples Chilled Fruit Crisp* Confetti Coleslaw	Tossed Salad w/ Light Dressing Fresh Homemade Vegetable Pasta Salad <i>Food Focus</i> Petite Bananas* Carrot Sticks	Tossed Salad w/ Light Dressing* Fresh Orange Wedges* Creamy Carrot Raisin Pineapple Salad Crunchy Spinach Salad

 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




Hillside Lunch Menu

Week 2
February 8 - 12, 2010

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

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

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	ASIAN RICE BOWL: Korean Ribs w/Sesame Sauce Steamed Brown Rice Fresh Seasoned Broccoli Crunchy Chow Mein Noodles Homemade Sesame Sauce Fresh Chopped Green Onion	MASHED POTATO BOWL: Baked Breaded Chicken Drumstick Fresh Homemade Mashed Potatoes Roasted Carrot Fries Breadstick Made w/ Whole Wheat Chicken Gravy Fresh Shredded Carrot	NACHO BOWL: Spicy Taco Meat Cilantro Brown Rice Whole Grain Corn Tortilla Shell Rounds Mexican Corn Cinnamon Breadstick Fresh Homemade Salsa Shredded Cheddar	AMERICAN DINER BOWL: Roast Turkey w/ Gravy* Rice Pilaf w/ Orzo* Sweet Potatoes* Dinner Roll* Homemade Turkey Gravy Green Parsley Flakes	No School
 Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily on Whole Wheat Crust	Pepperoni Pizza Spinach Romaine Salad w/ Strawberries	Chicken Tostado Flatbread* Pinto or Kidney Bean Salad*	Whole Wheat Pizza Bagels Caesar Romaine Side Salad w/ Croutons	Hawaiian Pizza Tossed Salad w/ Light Dressing	
 Fresh Food Fast-Packaged for Grab N' Go	Del Chef Salad w/ Whole Grain Crackers Whole Wheat Bagel w/ Sweet Creamy Cheese Spread Italian Hero Green Bean Salad Fresh Orange*	Cobb Salad w/ Whole Grain Crackers Parisian Ham & Cheese Wrap Chicken Caesar Wrap Carrot Sticks Fresh Pear*	Caribbean Chicken Salad w/ Homemade Spicy Dressing and Whole Grain Crackers Turkey Club Wrap Fruit Yogurt Parfait w/ Granola Topping Cucumber Citrus Salad Chilled Peaches	Chicken Caesar Salad w/ Whole Grain Crackers Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo Spicy Chicken Wrap Sweet and Sour Celery <i>Food Focus</i> Petite Bananas*	
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Green Bean Salad Spinach Romaine Salad w/ Strawberries Chilled Mixed Fruit Fresh Orange Wedges*	Pinto or Kidney Bean Salad* Carrot Sticks Sweet Chewy Raisins Fresh Pears*	Cucumber Citrus Salad Caesar Romaine Side Salad w/ Croutons Fresh Apples Chilled Peaches*	Sweet and Sour Celery Tossed Salad w/ Light Dressing <i>Food Focus</i> Petite Bananas* Fresh Cut Fruit in Season	




 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

Hillside Lunch Menu

Week 3
February 15 - 19, 2010

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk. Daily milk choices include skim white, 1% white, and 1% chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	WET BURRITO BOWL: Beef & Bean Chili or Chicken Taco Meat Fiesta Rice Mexican Corn Shredded Lettuce & Diced Tomato Whole Wheat Flour Tortilla Fresh Homemade Salsa Shredded Cheddar	ALL AMERICAN BOWL: Whole Grain Chicken Nuggets Herb Roasted Potatoes w/Shredded Carrots Roasted Tomatoes w/ Rosemary Whole Wheat Dinner Roll Honey BBQ Sauce Chopped Green Onion	AMERICAN DINER BOWL: Foot Long Hot Dog OR Macaroni and Cheese Baked Potato Wedges Chili Sauce Home Made Cheese Sauce Diced Onion	MOM'S MASHED POTATO BOWL: Herb Roasted Chicken Fresh Homemade Mashed Potatoes Fresh Glazed Carrots Tossed Salad w/ Light Dressing Whole Wheat Toasted Garlic Bun Homemade Chicken Gravy Fresh Diced Tomato	BRUNCH FOR LUNCH BOWL: Scrambled Eggs, Crumbled Sausage Herb Roasted Potatoes w/ Shredded Carrot Fresh Orange Wedges <i>Food Focus</i> Warm Baked Bananas Whole Wheat Pancake Warm Syrup Shredded Cheddar
 Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily on Whole Wheat Crust	Pepperoni Pizza Tossed Salad w/ Light Dressing	Ham and Cheese Stromboli w/Dipping Sauce Carrot Sticks	Veggie Lover's Pizza Caesar Romaine Side Salad w/ Croutons	Aloha Pizza w/ Chicken & Ham* Tossed Salad w/ Light Dressing*	Meat Lover's Pizza Tossed Salad w/ Light Dressing
 Fresh Food Fast-Packaged for Grab N' Go	Garden Cheese Salad w/ Whole Grain Crackers Mediterranean Sandwich w/ Hummus & Feta on Whole Wheat* w/ Green Goddess Pasta Salad* Italian Hero Confetti Coleslaw Petite Banana	Del Chef Salad w/ Dinner Roll* Roast Beef on Rye w/ Golden Honey Mustard Chicken Caesar Wrap Fresh Apples* Sweet Corn Salad	Breaded Chicken Caesar Salad w/ Whole Grain Crackers Monterey Ranch Chicken Salad w/ Homemade Ranch Dressing & Whole Grain Crackers Turkey Club Bagel Sandwich Sweet Chewy Dried Cherries Carrot Sticks	Catalina Turkey Club Salad w/ Whole Grain Crackers Chicken Salad on Whole Wheat Spicy Chicken Wrap Chilled Pears Three Bean Salad	Chunky Tuna Salad w/ Whole Grain Crackers Santa Fe Turkey and Cheddar Wrap Fruit Yogurt Parfait W/ Granola Topping Fresh Oranges Pear Raisin Salad
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Petite Banana* Confetti Coleslaw Fresh Cut Fruit in Season Mandarin Oranges	Fresh Apples* Crunchy Spinach Salad Chilled Peaches Sweet Corn Salad	Chilled Pineapples* Caesar Romaine Side Salad w/ Croutons Carrot Sticks Sweet Chewy Dried Cherries	Tossed Salad w/ Light Dressing* Chilled Pears* Fresh Apple Salad Three Bean Salad	Chilled Applesauce* Fresh Orange Wedges Tossed Salad w/ Light Dressing* Pear Raisin Salad

 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

Hillside Lunch Menu

Week 4
February 22 - 26, 2010

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

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

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	BACKYARD BBQ BOWL: Honey BBQ Chicken Homemade Macaroni Salad Homemade Potato Salad Corn on the Cob Warm Breadstick Honey BBQ Sauce Fresh Chopped Green Onion	FIESTA POTATO BOWL: Spicy Beef Mexican Meat Whole Baked Potato Fresh Steamed Broccoli Cuts Homemade Corn Bread or Dinner Roll Cheddar Cheese Sauce Fresh Shredded Carrot	ALL AMERICAN BOWL: Hamburger or Cheeseburger on a Whole Wheat Bun BBQ Baked Beans Warm Baked Apple Slices Romaine Lettuce Sliced Tomato Fresh Chopped Onion	AMERICAN DINER BOWL: Meat Loaf* Barilla PLUS Macaroni w/ Cheese Sauce Fresh Homemade Mashed Potatoes* Seasoned Mixed Veggies* Dinner Roll* Homemade Brown Gravy Green Parsley Flakes	ITALIAN PASTA BOWL: Homemade Meatballs Whole Wheat Spaghetti Fresh Vegetable Medley Toasted Whole Grain Garlic Bun Red Marinara Sauce Roma Herb Seasoning Blend
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily on Whole Wheat Crust</p>	Pepperoni Pizza Tossed Salad w/ Light Dressing	Whole Wheat Pizza Bagels Caesar Romaine Side Salad w/ Croutons	Sausage, Green Pepper and Onion Pizza Marinated Tomato & Cucumber Salad	Ham and Cheese Pizza Buttermilk Coleslaw	Pizza w/Roasted Vegetables Sweet Corn Salad
<p>Fresh Food Fast-Packaged for Grab N' Go</p>	Deli Chef Salad w/ Whole Grain Crackers Triple Decker Turkey Club on Whole Wheat Toasted Whole Wheat Bagel Chips w/ Fresh Veggies & Hummus* Green Bean Salad Fresh Orange*	Cobb Salad w/ Whole Grain Crackers Parisian Ham & Cheese Wrap Italian Hero Carrot Sticks Chilled Peaches	Mandarin Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing and Whole Grain Crackers Buffalo Chicken Salad Wrap Turkey Club Wrap Marinated Tomato & Cucumber Salad Petite Bananas	Chicken Caesar Salad w/ Whole Grain Crackers Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo Fruit Yogurt Parfait W/ Granola Topping Buttermilk Coleslaw Fresh Apples	Crispy Chicken Popper Salad w/ Whole Grain Crackers Grilled Chicken and Roasted Vegetables on a Kaiser Roll Made * w/ Homemade Macaroni Salad* Bistro Roast Beef Wrap Carrot Sticks Chilled Applesauce
<p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	Green Bean Salad Tossed Salad w/ Light Dressing Chilled Pears Fresh Orange Wedges*	Caesar Romaine Side Salad w/ Croutons Southwest Corn & Black Bean Salad Fresh Apples Chilled Peaches*	Marinated Tomato & Cucumber Salad Tossed Salad w/ Light Dressing* Fresh Cut Fruit in Season Petite Bananas*	Buttermilk Coleslaw Spinach Romaine Salad w/ Strawberries Fruit Crisp* Chilled Mandarin Oranges	Sweet Corn Salad Carrot Sticks Chilled Pear Raisin Salad Chilled Applesauce*

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



Hillside Lunch Menu

National Nutrition Month

March 1 – 5, 2010

EAT.LEARN.LIVE DELICIOUSLY
Savor the Flavor of Herbs and Spices

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk. Daily milk choices include skim white, 1% white, and 1% chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	ASIAN RICE BOWL: Asian Marinated Chicken Oriental Fried Rice Steamed Brown Rice Fresh Carrots & Onions Crunchy Chow Mein Noodles Homemade Sweet N Sour Sauce Fresh Chopped Green Onion	MOM'S MASHED POTATO BOWL: Beef Stew* Fresh Homemade Cheddar Mashed Potatoes* Warm Baked Apple Slices* Sweet Peas* Dinner Roll* Homemade Brown Gravy* Shredded Cheddar	CHICKEN PARM BOWL: Breaded Chicken Cutlet* Seasoned Pasta* Whole Wheat Spaghetti Seasoned Mixed Veggies* Roasted Italian Butternut Squash Fresh Baked Breadstick Red Marinara Sauce* Shredded Part Skim Mozzarella*	ALL AMERICAN BOWL: Whole Grain Chicken Nuggets Herb Roasted Potatoes w/Shredded Carrots Whole Wheat Dinner Roll Honey BBQ Sauce	No School
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily on Whole Wheat Crust</p>	Pepperoni Pizza Crunchy Spinach Salad	Whole Wheat Pizza Dunkers w/ Shredded Cheese & Tomato Dipping Sauce Carrot Sticks	Meat Lover's Pizza Caesar Romaine Side Salad w/ Croutons	Pepperoni Pizza Tossed Salad w/ Light Dressing*	
<p>Cold Sandwiches & Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad American and Part Skim Mozzarella Cheese Romaine/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad</p>	Made to Order SANDWICH Bar Special: Chicken Caesar Wrap* w/ Homemade Macaroni Salad*	Made to Order SANDWICH Bar Special: Roast Beef on Rye w/ Golden Honey Mustard	Made to Order SALAD Bar Special: Asian Six Treasure Chicken Salad w/ Homemade Sweet N Sour Dressing & Whole Wheat Roll	Made to Order SANDWICH Bar Special: Classic Chicken Salad on Whole Wheat w/ Lettuce & Tomato	
Homemade Ranch, Honey Mustard, and Italian Vinaigrette Dressing and Olive Oil & Vinegar Available Daily					
<p>Fresh Food Fast-Packaged for Grab N' Go</p>	Garden Cheese Salad w/ Whole Grain Crackers Chicken Caesar Wrap* w/ Homemade Macaroni Salad* Turkey Club Wrap Green Bean Salad Fresh Orange Green Bean Salad	Crispy Chicken Popper Salad w/ Whole Grain Crackers Roast Beef on Rye w/ Golden Honey Mustard Cottage Cheese, Whole Grain Crackers, & Fruit Combo Carrot Sticks Chilled Pears	Breaded Chicken Caesar Salad w/ Whole Grain Crackers Asian Six Treasure Chicken Salad w/ Homemade Sweet N Sour Dressing & Whole Wheat Roll Italian Hero Celery Sticks Chilled Pineapples	Catalina Turkey Club Salad w/ Whole Grain Crackers Chicken Salad on Whole Wheat w/ Lettuce & Tomato Little Italy Wrap Carrot Sticks Petite Bananas	
<p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	Crunchy Spinach Salad Chilled Pears Fresh Orange Wedges*	Tossed Salad w/ Light Dressing Carrot Sticks Cucumber Slices Apricot Applesauce	Chilled Pineapples* Apple Salad Caesar Romaine Side Salad w/ Croutons Celery Sticks	Tossed Salad w/ Light Dressing Petite Bananas* Fresh Cut Fruit in Season Carrot Sticks	

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