





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>	<p>STUFFED PASTA BOWL:</p> <p>Whole Wheat Cheese Ravioli Tricolor Cheese Tortellini Shredded Part Skim Mozzarella</p> <p>Seasoned Fresh Carrots w/ Corn</p> <p>Whole Wheat Toasted Garlic Bun</p> <p>Red Marinara Sauce Creamy Roasted Garlic Sauce</p> <p>Roma Herb Seasoning Blend</p>	<p>SOUTHEAST ASIAN RICE BOWL:</p> <p>Sweet and Sour Oriental Chicken Thai Pork w/Garlic and Black Pepper</p> <p>Steamed Brown Rice Thai Red Fried Rice</p> <p>Fresh Steamed Broccoli Cuts</p> <p>Sesame Breadstick</p> <p>Sweet and Sour Sauce</p> <p>Chopped Green Onion</p>	<p>BACKYARD BBQ BOWL:</p> <p>Fresh Roasted Southern Style BBQ Pork</p> <p>Cinnamony Sweet Potato Coins</p> <p>Cheesy Macaroni Made w/ Whole Wheat Pasta</p> <p>Fresh Baked Biscuit</p> <p>Honey BBQ Sauce</p> <p>Chopped Green Onion</p>	<p>MOM'S MASHED POTATO BOWL:</p> <p>Pineapple Glazed Chicken*</p> <p>Fresh Homemade Mashed Potatoes Bread Stuffing Made w/ Whole Wheat*</p> <p>Seasoned Mixed Veggies*</p> <p>Herbed Broccoli and Cauliflower</p> <p>Dinner Roll</p> <p>Pineapple Glaze</p> <p>Green Parsley</p>	<p>SIZZLING TACO SALAD BOWL:</p> <p>Spicy Taco Meat</p> <p>Whole Grain Baked Tortilla Shell Scoops</p> <p>Rice and Beans Crunchy Spinach Salad Food Focus Warm Baked Bananas</p> <p>Cinnamon Breadstick</p> <p>Homemade Creamy Cilantro Lime Dressing</p> <p>Fresh Homemade Salsa</p>
	<p>Veggie Burger on a Bun</p> <p>Breaded Chicken Sandwich</p> <p>Quick Baked Herb Potatoes</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Salsa Chicken Wrap</p> <p>Classic Cheeseburger</p> <p>Fresh Broccoli w/ Homemade Cheese Sauce</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Grilled Ancho Chili Chicken & Cheddar on a Whole Wheat Bun</p> <p>Classic Cheeseburger</p> <p>Cinnamony Sweet Potato Coins</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Chicken Cordon Bleu Wrap</p> <p>Breaded Chicken Sandwich</p> <p>Fresh Homemade Mashed Potatoes</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Chicken Parm Wrap*</p> <p>Classic Cheeseburger</p> <p>Warm Baked Apple Slices</p> <p>Fresh Romaine Lettuce & Tomato</p>
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily on Whole Wheat Crust</p>	<p>Buffalo Chicken Pizza*</p> <p>Tossed Salad w/ Light Dressing*</p>	<p>Whole Wheat Pizza Dunkers w/ Shredded Cheese & Tomato Dipping Sauce</p> <p>Carrot Sticks</p>	<p>Veggie Lover's Pizza</p> <p>Confetti Coleslaw</p>	<p>Meat Lover's Pizza</p> <p>Tossed Salad w/ Light Dressing</p>	<p>Philly Cheesesteak Pizza</p> <p>Crunchy Spinach Salad</p>
<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>	<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: Neapolitan Hero w/ Balsamic Vinaigrette* & Vegetable Pasta Salad*</p>	<p>Made to Order SALAD Bar</p> <p>Special: BBQ Chicken Salad w/ Toasted Flatbreads & Homemade Ranch Dressing*</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: Peanut Butter & Apple Whole Wheat Roll Ups</p>
Homemade Ranch, Honey Mustard, and Italian Vinaigrette Dressing and Olive Oil & Vinegar Available Daily					
<p>Fresh Food Fast-Packaged for Grab N' Go</p>	<p>Garden Cheese Salad w/ Whole Grain Whole Grain Crackers</p> <p>Triple Decker Turkey Club on Whole Wheat</p> <p>Ham & Cheese on a Kaiser Roll</p> <p>Food Focus Petite Bananas</p> <p>Sweet Chewy Raisins</p>	<p>Cool as A Cucumber Sesame Noodle Salad w/ Beef & Whole Grain Whole Grain Crackers</p> <p>Neapolitan Hero w/ Balsamic Vinaigrette* & Vegetable Pasta Salad*</p> <p>Chicken Caesar Wrap</p> <p>Chilled Pineapples</p> <p>Carrot Sticks</p>	<p>Breaded Chicken Caesar Salad w/ Whole Grain Whole Grain Crackers</p> <p>BBQ Chicken Salad w/ Toasted Flatbreads & Homemade Ranch Dressing*</p> <p>Italian Hero</p> <p>Fresh Local Apples</p> <p>Confetti Coleslaw</p>	<p>Catalina Turkey Club Salad w/ Whole Grain Whole Grain Crackers</p> <p>Honey Mustard Ham & Cheese Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p> <p>Veggie Pasta Salad Food Focus Petite Bananas*</p>	<p>Del Chef Salad w/ Whole Grain Whole Grain Crackers</p> <p>Peanut Butter & Apple Whole Wheat Roll Ups</p> <p>Italian Hero</p> <p>Fresh Orange Wedges</p> <p>Creamy Carrot Raisin Pineapple Salad</p>
<p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	<p>Tossed Salad w/ Light Dressing</p> <p>Food Focus Petite Bananas*</p> <p>Fresh Cut Fruit in Season</p> <p>Carrot Sticks</p>	<p>Caesar Romaine Side Salad w/ Croutons</p> <p>Chilled Pineapples*</p> <p>Carrot Sticks</p> <p>Sweet and Sour Celery</p>	<p>Watermelon Cubes</p> <p>Fresh Local Apples</p> <p>Chilled Fruit Crisp*</p> <p>Confetti Coleslaw</p>	<p>Tossed Salad w/ Light Dressing</p> <p>Fresh Homemade Vegetable Pasta Salad Food Focus Petite Bananas*</p> <p>Carrot Sticks</p>	<p>Tossed Salad w/ Light Dressing</p> <p>Fresh Orange Wedges*</p> <p>Creamy Carrot Raisin Pineapple Salad</p> <p>Crunchy Spinach Salad</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

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 Oriental Fried Rice Steamed Brown Rice Fresh Seasoned Broccoli Crunchy Chow Mein Noodles Homemade Sesame Sauce Fresh Chopped Green Onion	MASHED POTATO BOWL: Breaded Popcorn Chicken Fresh Homemade Mashed Potatoes Roasted Carrot Fries Seasoned Mixed Veggies 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 Plaf w/ Orzo* Sweet Potatoes* Seasoned Green Beans Dinner Roll* Homemade Turkey Gravy Green Parsley Flakes	No School
	Hot Chili Burger w/ Monterey Jack Breaded Chicken Sandwich Fresh Broccoli w/ Homemade Cheese Sauce Fresh Romaine Lettuce & Tomato	Whole Grain Breaded Chicken Con Dog Nuggets w/ Biscuit Classic Cheeseburger Roasted Carrot Fries Fresh Romaine Lettuce & Tomato	Pizza Burger on a Whole Wheat Bun* Breaded Chicken Sandwich Baked Potato* Fresh Romaine Lettuce & Tomato*	Breaded Chicken Parm Sandwich Classic Cheeseburger Golden Corn Fresh Romaine Lettuce & Tomato	
	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	Whole Grain Mexican Pita Pizzas Tossed Salad w/ Light Dressing	
	Made to Order SANDWICH Bar Special: Whole Wheat Bagel w/ Sweet Creamy Cheese Spread	Made to Order SANDWICH Bar Special: Parisian Ham & Cheese Wrap	Made to Order SALAD Bar Special: Caribbean Chicken Salad w/ Homemade Spicy Dressing and Whole Grain Crackers	Made to Order SANDWICH Bar Special: Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo	
Homemade Ranch, Honey Mustard, and Italian Vinaigrette Dressing and Olive Oil & Vinegar Available Daily					
	Deli 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 Buffalo Chicken Salad Wrap Sweet and Sour Celery <i>Food Focus</i> Petite Bananas*	
	Green Bean Salad Spinach Romaine Salad w/ Strawberries Chilled Mixed Fruit Fresh Orange Wedges*	Pinto or Kidney Bean Salad* Carrot Sticks Vanilla Mint Pineapple Fresh Pears*	Cucumber Citrus Salad Caesar Romaine Side Salad w/ Croutons Fresh Local Apples Chilled Peaches*	Sweet and Sour Celery Tossed Salad w/ Light Dressing <i>Food Focus</i> Petite Bananas* Fresh Cut Fruit in Season	

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<p>SIZZLE Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	<p>WET BURRITO BOWL:</p> <p>Beef & Bean Chili or Chicken Taco Meat</p> <p>Fiesta Rice</p> <p>Green Apple Salsa</p> <p>Shredded Lettuce & Diced Tomato</p> <p>Whole Wheat Flour Tortilla</p> <p>Fresh Homemade Salsa</p> <p>Shredded Cheddar</p>	<p>MEDITERRANEAN BOWL:</p> <p>Tarragon Marinated Chicken</p> <p>Rice Pilaf w/ Orzo</p> <p>Roasted Tomatoes w/ Rosemary</p> <p>Warm Whole Wheat Pita Bread</p> <p>Tazki Sauce</p> <p>Chopped Green Onion</p>	<p>ASIAN LO MEIN NOODLE BOWL:</p> <p>Julienne Roast Pork*</p> <p>Lo Mein Noodles*</p> <p>Carrots & Onion*s</p> <p>Oriental Blend Veggies*</p> <p>Dinner Roll†</p> <p>Lo Mein Sauce*</p> <p>Diced Red & Green Bell Pepper*</p>	<p>MOM'S MASHED POTATO BOWL:</p> <p>Herb Roasted Chicken</p> <p>Fresh Homemade Mashed Potatoes</p> <p>Fresh Glazed Carrots</p> <p>Tossed Salad w/ Light Dressing</p> <p>Whole Wheat Toasted Garlic Bun</p> <p>Homemade Chicken Gravy</p> <p>Fresh Diced Tomato</p>	<p>BRUNCH FOR LUNCH BOWL:</p> <p>Scrambled Eggs, Crumbled Sausage</p> <p>Herb Roasted Potatoes w/ Shredded Carrot</p> <p>Fresh Orange Wedges <i>Food Focus</i> Warm Baked Bananas Stuffed French Toast w/PB Banana</p> <p>Whole Wheat Pancake</p> <p>Warm Syrup</p> <p>Shredded Cheddar</p>
<p>TASTE</p>	<p>Alpine Swiss Burger</p> <p>Breaded Chicken Sandwich</p> <p>Green Apple Salsa</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Hot Ham & Cheese on a Whole Wheat Bagel</p> <p>Classic Cheeseburger</p> <p>Warm Baked Apple Slices</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Veggie Burger on a Bun</p> <p>Breaded Chicken Sandwich</p> <p>Quick Baked Herb Potatoes</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Breaded Popcorn Chicken w/ Toasted Garlic Bun</p> <p>Classic Cheeseburger</p> <p>Fresh Homemade Mashed Potatoes</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Greek Breaded Chicken Sandwich on a Whole Wheat Bun*</p> <p>Cheddar Onion Burger</p> <p>Herb Roasted Potatoes w/ Shredded Carrot*</p> <p>Fresh Romaine Lettuce & Tomato</p>
<p>BAKE Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily on Whole Wheat Crust</p>	<p>Pepperoni Pizza</p> <p>Tossed Salad w/ Light Dressing</p>	<p>Ham and Cheese Stromboli</p> <p>Carrot Sticks</p>	<p>Veggie Lover's Stromboli</p> <p>Caesar Romaine Side Salad w/ Croutons</p>	<p>Aloha Pizza w/ Chicken & Ham*</p> <p>Tossed Salad w/ Light Dressing*</p>	<p>Ham, Mushroom and Green Pepper Pizza</p> <p>Tossed Salad w/ Light Dressing</p>
<p>CRISP 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>	<p>Made to Order SANDWICH Bar</p> <p>Special: Mediterranean Sandwich w/ Hummus & Feta on Whole Wheat* w/ Green Goddess Pasta Salad*</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Buffalo Chicken Salad on Whole Wheat</p>	<p>Made to Order SALAD Bar</p> <p>Special: Monterey Ranch Chicken Salad w/ Homemade Ranch Dressing & Whole Grain Crackers</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Roast Beef on Rye w/ Golden Honey Mustard</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Santa Fe Turkey and Cheddar Wrap</p>
Homemade Ranch, Honey Mustard, and Italian Vinaigrette Dressing and Olive Oil & Vinegar Available Daily					
<p>FAST FORWARD Fresh Food Fast-Packaged for Grab N' Go</p>	<p>Garden Cheese Salad w/ Whole Grain Crackers</p> <p>Mediterranean Sandwich w/ Hummus & Feta on Whole Wheat* w/ Green Goddess Pasta Salad*</p> <p>Italian Hero</p> <p>Confetti Coleslaw</p> <p>Petite Banana</p>	<p>Wild Greens Antipasto Salad w/ Dinner Roll*</p> <p>Roast Beef on Rye w/ Golden Honey Mustard</p> <p>Chicken Caesar Wrap</p> <p>Fresh Local Apples*</p> <p>Sweet Corn Salad</p>	<p>Breaded Chicken Caesar Salad w/ Whole Grain Crackers</p> <p>Monterey Ranch Chicken Salad w/ Homemade Ranch Dressing & Whole Grain Crackers</p> <p>Turkey Club Bagel Sandwich</p> <p>Sweet Chewy Raisins</p> <p>Carrot Sticks</p>	<p>Catalina Turkey Club Salad w/ Whole Grain Crackers</p> <p>Chicken Salad on Whole Wheat</p> <p>Spicy Chicken Wrap</p> <p>Chilled Pears</p> <p>Three Bean Salad</p>	<p>Chunky Tuna Salad w/ Whole Grain Crackers</p> <p>Santa Fe Turkey and Cheddar Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p> <p>Fresh Oranges</p> <p>Pear Raisin Salad</p>
<p>ADD-ONS Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	<p>Petite Banana*</p> <p>Confetti Coleslaw</p> <p>Fresh Cut Fruit in Season</p> <p>Mandarin Oranges</p>	<p>Fresh Local Apples*</p> <p>Crunchy Spinach Salad</p> <p>Chilled Peaches</p> <p>Sweet Corn Salad</p>	<p>Chilled Pineapples*</p> <p>Caesar Romaine Side Salad w/ Croutons</p> <p>Carrot Sticks</p> <p>Sweet Chewy Raisins</p>	<p>Tossed Salad w/ Light Dressing*</p> <p>Chilled Pears*</p> <p>Fresh Apple Salad</p> <p>Three Bean Salad</p>	<p>Chilled Applesauce*</p> <p>Fresh Orange Wedges</p> <p>Tossed Salad w/ Light Dressing*</p> <p>Pear Raisin Salad</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)

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<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	CAJUN RICE BOWL: Savory Crumbled Sausage, Cajun Chicken, or Cajun BBQ Beans Cajun Brown Rice Steamed White Rice Warm Baked Apple Slices Fresh Baked Biscuit Spicy Tomato Sauce Fresh Chopped Green Onion	AMERICAN DINER BOWL: Meat Loaf* Barilla PLUS Macaroni w/ Cheese Sauce Fresh Homemade Mashed Potatoes* Roasted Tomatoes w/ Rosemary Seasoned Mixed Veggies* Dinner Roll* Homemade Brown Gravy Green Parsley Flakes	ITALIAN PASTA BOWL: Homemade Meatballs Spinach Fettuccini Whole Wheat Spaghetti Roasted Italian Vegetables Toasted Whole Grain Garlic Bun Alfredo Sauce, Red Marinara Sauce Roma Herb Seasoning Blend
	Veggie Burger on a Whole Wheat Bun Classic Cheeseburger Corn on the Cob Fresh Romaine Lettuce & Tomato	Pizza Burger on a Whole Wheat Bun* Breaded Chicken Sandwich Baked Potato* Fresh Romaine Lettuce & Tomato	Hot Sausage, Egg & Cheese on a Whole Wheat English Muffin Classic Cheeseburger Warm Baked Apple Slices Fresh Romaine Lettuce & Tomato*	BLT Burger Breaded Chicken Sandwich Fresh Homemade Mashed Potatoes Fresh Romaine Lettuce & Tomato	Breaded Chicken Del Sol Sandwich w/ Salsa & Cheddar Classic Cheeseburger Roasted Italian Veggies Fresh Romaine Lettuce & Tomato
<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	Chicken Bruschetta Pizza Marinated Tomato & Cucumber Salad	Whole Grain Mexican Pita Pizzas Buttermilk Coleslaw	Pizza w/ Grilled Veggies Sweet Corn Salad
<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 Skm Mozzarella Cheese Romaine/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad</p>	Made to Order SANDWICH Bar Special: Triple Decker Turkey Club on Whole Wheat	Made to Order SANDWICH Bar Special: Parisian Ham & Cheese Wrap Southwest Corn & Black Bean Wrap	Made to Order SALAD Bar Special: Mandarin Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing and Whole Grain Crackers	Made to Order SANDWICH Bar Special: Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo	Made to Order SANDWICH Bar Special: Grilled Chicken and Roasted Vegetables on a Kaiser Roll on a Kaiser Roll w/ Homemade Macaroni Salad*
Homemade Ranch, Honey Mustard, and Italian Vinaigrette Dressing and Olive Oil & Vinegar Available Daily					
<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 Italian Hero Marinated Tomato & Cucumber Salad Food Focus 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* w/ Homemade Macaroni Salad* Italian Hero 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 Food Focus 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*

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Harrison Middle School Lunch Menu




March 1 – 5, 2010

National Nutrition Month

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

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 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	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 Cheddar Onion Burger	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 Hot Ham & Cheese on a Whole Wheat Bagel	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* Cheese Steak Sandwich	LATIN AMERICAN ROAST PORK BOWL: Latin American Roast Pork Orange Rice Pilaf Fresh Mashed Sweet Potatoes Seasoned Green Beans Caribbean Quick Coconut Bread Warm Baked Bananas Orange Slice Breaded Chicken Tenders w/ Biscuit	No School
	 Breaded Chicken Sandwich Broccoli w/ Homemade Cheese Sauce Fresh Romaine Lettuce & Tomato	Classic Cheeseburger Warm Baked Apple Slices Fresh Romaine Lettuce & Tomato	Breaded Chicken Sandwich Sauteed Peppers & Onions Fresh Romaine Lettuce & Tomato	Classic Cheeseburger Fresh Mashed Sweet Potatoes Fresh Romaine Lettuce & Tomato	
 Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily on Whole Wheat Crust	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	South of the Border Chicken Pizza* Tossed Salad w/ Light Dressing*	
	 Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad American and Part Skim Mozzarella Cheese Romaine/Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad	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					
 Fresh Food Fast-Packaged for Grab N' Go	Garden Cheese Salad w/ Whole Grain Crackers Chicken Caesar Wrap* w/ Homemade Macaroni Salad* Italian Hero Green Bean Salad Fresh Orange	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	
	 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Green Bean Salad 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

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