



Junior High School February 2012 Lunch Menu



Favorite Comfort Foods & International Flavors Served Your Way in a Bowl



Chilled Fruit Offered Daily

Monday
Chilled Peaches
Tuesday
Chilled Pears
Wednesday
Chilled Mixed Fruit
Thursday
Chilled Apple Sauce
Friday
Chilled Apricots

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Wet Burrito Spanish Rice Caesar Salad Chilled Mixed Fruit or Fresh Apple	2 Salisbury Steak Mashed Potatoes w/ Gravy Green Beans Chilled Applesauce or Fresh Orange	3 Nachos w/ Meat and/or Beans Cilantro Rice Lettuce & Tomato Fresh Apple
6 Chicken Primavera W/ Mixed Vegetables Bread Stick Chilled Peaches or Fresh Banana	7 Korean Tacos w/ Asian Slaw Oriental Mixed Vegetables Chilled Pears or Fresh Apple	8 Pork W/Green Chile Spanish Rice Pinto Beans Chilled Mixed Fruit or Fresh Orange	9 Country Fried Steak Mashed Potatoes w/ Gravy Peas & Carrots Biscuit Chilled Applesauce or Fresh Orange	10 Nachos w/ Meat and/or Beans Cilantro Rice Lettuce & Tomato Fresh Apple
13 Turkey Alfredo Green Beans Chilled Peaches or Fresh Banana	14 Beef and Broccoli w/ Lo Mein Chilled Pears or Fresh Orange	15 Enchilada Bake Spanish Rice Caesar Salad Chilled Mixed Fruit or Fresh Apple	16 Sloppy Joe Baked Beans Corn on the Cob Chilled Applesauce or Fresh Orange	17 NO SCHOOL
20 PRESIDENTS' DAY NO SCHOOL	21 Teriyaki Chicken w/ Steamed Rice Ginger Glazed Carrots Chilled Pears or Fresh Orange	22 Fish Tacos Cilantro Lime Rice Corn and Black Bean Salad Chilled Mixed Fruit or Fresh Apple	23 Turkey Stew in a Bread Bowl Strawberry Shortcake Or Fresh Orange	24 Nachos w/ Meat and/or Beans Cilantro Rice Lettuce & Tomato Fresh Apple
27 Lasagna Green Bean Salad Chilled Peaches or Fresh Banana	28 Pork Lo Mein Oriental Mixed Vegetables Chilled Pears or Fresh Apple			



Daily Specials

Monday
Turkey BLT Wrap
Tuesday
Chicken Caesar Wrap
Wednesday
Chipotle Beef Wrap
Thursday
Buffalo Chicken Wrap
Friday
Southwest Corn and Black Bean Wrap



Classic Cheese Pizza
Made w/ Reduced Fat Cheese Fresh Baked Daily
Pepperoni Pizza Tuesdays and Fridays
Made with Whole Grain Dough

Specials:

Monday Buffalo Chicken Flatbread
Tuesday Supreme Pizza
Wednesday Hawaiian Pizza
Thursday Meat Lover's Stromboli
Friday BBQ Chicken Flatbread



Lean Beef Burgers w/ Cheese, Breads, Chicken Sandwiches, and Bean w/ Cheese Burritos Available Daily

Specials:

Mondays Turkey and Swiss Panini
Tuesdays Spicy BBQ Riblet Sandwich
Wednesdays Jalapeno Bacon Cheeseburger
Thursdays Mozzarella and Pepperoni Panini
Fridays Philly Cheese Steak



Fresh Salads
Packaged for Grab 'N' Go

Specials:

Mondays BBQ Salad
Tuesdays Turkey Salad
Wednesdays Chicken Caesar Salad
Thursdays Fiesta Salad
Fridays Chicken Caesar Salad
Always available Chinese Chicken Salad
Served with breadstick

A full student lunch includes choice of entrée, choice of fresh or chilled fruit, and/or side salad or vegetable side dish, and/or milk. Daily milk choices include 1% white and Non-Fat Chocolate

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 Menu item is made w/ whole grain Student Lunch is \$3.00...Reduced Lunch is 40 cents...Adult Lunch is \$3.50...Chartwells is an equal opportunity employer

Any questions please call:
Director of Dining Services
LeeAnne Frame 661-222-1220 ext. 655

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