

Junior High School MAY 2012 Lunch Menu



Chilled Fruit Offered Daily

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



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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Orange Chicken W/ Brown Rice Oriental Mixed Vegetables Chilled Apricots or Fresh Banana	2 Chicken Quesadilla Spanish Rice Corn and Black Bean Salad Chilled Apricots or Fresh Orange	3 Salisbury Steak Dinner Roll and Mashed Potatoes Peas Cherry Cobbler or Fresh Apple	4 Nachos w/ Meat and/or Beans Cilantro Rice Lettuce & Tomato Fresh Orange
7 Chicken Tetrizzini Bread Stick Seasoned Broccoli Chilled Peaches or Fresh Orange	8 Teriyaki Chicken w/ Brown Rice Ginger Glazed Carrots Chilled Apricots or Fresh Banana	9 Wet Burrito Spanish Rice Pinto Beans Chilled Applesauce or Fresh Orange	10 Country Fried Chicken Country Gravy and Mashed Potatoes Peas and Carrots Strawberry Shortcake or Fresh Apple	11 Nachos w/ Meat and/or Beans Cilantro Rice Lettuce & Tomato Fresh Orange
14 Pasta w/ Meatballs Seasoned Green Beans Chilled Peaches or Fresh Orange	15 Aloha Chicken w/ Steamed Rice Asian Slaw Chilled Apricots or Fresh Banana	16 Beef Soft Taco Spanish Rice Caesar Salad Chilled Applesauce or Fresh Orange	17 Popcorn Chicken Mashed Potatoes w/ Gravy Baked Beans Cherry Cobbler or Fresh Apple	18 Nachos w/ Meat and/or Beans Cilantro Rice Lettuce & Tomato Fresh Orange
21 Cheesy Pasta Bake Capri Mixed Vegetables Chilled Peaches or Fresh Orange	22 Beef and Broccoli w/ Asian Noodles Chilled Apricots or Fresh Banana	23 Pork W/Green Chili Cilantro Lime Brown Rice Corn and Black Bean Salad Chilled Applesauce or Fresh Orange	24 Swedish Meatballs Egg Noodles Seasoned Green Beans Cherry Cobbler or Fresh Apple	25 Nachos w/ Meat and/or Beans Cilantro Rice Lettuce & Tomato Fresh Orange
28 Memorial Day	29 Pork Lo Mein w/ Asian Noodles Oriental Mixed Vegetables Chilled Apricots or Fresh Banana	30 Chicken Burrito Spanish Rice Caesar Salad Chilled Applesauce or Fresh Orange	31 Chef's Choice	JUNE 1 Minimum Day



Daily Specials

Monday
Turkey Club Wrap
Tuesday
Little Italy Wrap
Wednesday
Asian Wrap
Thursday
Chicken Caesar Wrap
Friday
Buffalo Chicken 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 Spicy Taco Pizza
Wednesday Hawaiian Pizza
Thursday BBQ Chicken Pizza
Friday Supreme Pizza



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

Specials:

Mondays Chicken Cordon Bleu Panini
Tuesdays Philly Cheese Steak
Wednesdays Jalapeno Bacon Cheeseburger
Thursdays Spicy BBQ Riblet Sandwich
Fridays Mozzarella and Meatball Panini



Fresh Salads
Packaged for Grab N' Go

Specials:

Mondays Chef 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