

Junior High School APRIL 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
9 Turkey Tetrazzini 🍴 Bread Stick Green Bean Salad Chilled Peaches or 🍊 Fresh Orange	10 Korean Tacos w/ Asian Slaw on a Corn Tortilla Oriental Mixed Vegetables Chilled Pears or Fresh Banana	11 🍷 Wet Burrito Spanish Rice Fiesta Corn Chilled Mixed Fruit or 🍊 Fresh Orange	12 Country Fried Chicken Country Gravy and Mashed Potatoes Baked Beans Strawberry Shortcake or Fresh Apple	13 🍴 Nachos w/ Meat and/or Beans 🍴 Cilantro Rice 🍴 Lettuce & Tomato 🍊 Fresh Orange
16 🍴 Pasta w/ Meatballs Three Bean Salad Chilled Peaches or 🍊 Fresh Orange	17 Aloha Chicken w/ 🍴 Steamed Rice Asian Slaw Chilled Pears or Fresh Banana	18 Pork W/ Green Chile 🍴 Cilantro Lime Brown Rice 🍴 Caesar Salad Chilled Mixed Fruit or 🍊 Fresh Orange	19 Popcorn Chicken Mashed Potatoes w/ Gravy Baked Beans Cherry Cobbler or Fresh Apple	20 🍴 Nachos w/ Meat and/or Beans 🍴 Cilantro Rice 🍴 Lettuce & Tomato 🍊 Fresh Orange
23 🍷 Cheesy 🍴 Pasta Bake Capri Mixed Vegetables Chilled Peaches or 🍊 Fresh Orange	24 Beef and Broccoli w/ Asian Noodles Chilled Pears or Fresh Banana	25 🍷 Tamale Pocket Spanish Rice Corn and Black Bean Salad Chilled Mixed Fruit or 🍊 Fresh Orange	26 Swedish Meatballs Egg Noodles Three Bean Salad Strawberry Shortcake or Fresh Apple	27 🍴 Nachos w/ Meat and/or Beans 🍴 Cilantro Rice 🍴 Lettuce & Tomato 🍊 Fresh Orange
30 Chicken 🍴 Primavera Mixed Vegetables Chilled Peaches or 🍊 Fresh Orange				



Daily Specials

- Monday** Turkey Club Wrap
- Tuesday** 🍷 Southwest Corn and Black Bean 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 Mozzarella and Meatball Panini
- Fridays Spicy BBQ Riblet Sandwich



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

🍴 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