





Menu is subject to change due to availability of food.

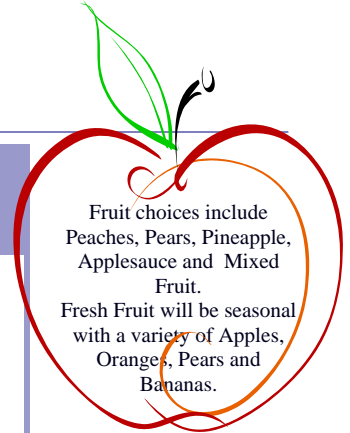


SAVE \$3.00 ON PREPAID LUNCH CARDS. GOOD FOR 20 LUNCHESES. AVAILABLE IN THE MAIN OFFICE FOR \$25.00.

*January 2012 Lunch Menu
H. Frank Carey High School*

Your student lunch costs \$1.40.
It consists of a posted menu which meets USDA Guidelines.

Mon	Tue	Wed	Thu	Fri
 <p>2. HOLIDAY RECESS</p>	<p>3. Spicy or Crispy Chicken Patty on Whole Wheat Bun w/Lettuce & Tomatoes Grilled Vegetables Choice of Fruit Choice of Milk</p>	<p>4. *Individual Round Pizza Italian Mixed Vegetables Low Fat Pudding Choice of Fruit Choice of Milk</p>	<p>5. Hamburger, Cheeseburger or *Garden Burger on Whole Wheat Bun Minestrone Soup Choice of Fruit Choice of Milk</p>	<p>6. *Whole Grain Pasta Al Forno Whole Wheat Dinner Roll Seasoned Green Beans Choice of Fruit Choice of Milk</p>
<p>9. *Mozzarella Sticks w/Marinara Sauce Broccoli Florets Choice of Fruit Choice of Milk</p>	<p>10. Brunch for Lunch! *Colby Cheese Omelet French Toast Sticks Potato Smiles Choice of Fruit Choice of Milk</p>	<p>11. Taco Salad w/ Seasoned Ground Beef, Lettuce, Tomatoes, Cheese, Baked Scoops and Salsa Spanish Rice Choice of Fruit Choice of Milk</p>	<p>12. Teriyaki Chicken Dippers Vegetable Lo Mein Stir Fry Vegetables Choice of Fruit Choice of Milk</p>	<p>13. *Cheese Ravioli Whole Wheat Dinner Roll Mixed Vegetables Choice of Fruit Choice of Milk</p>
 <p>16. MARTIN LUTHER KING JR. DAY</p>	<p>17. Hamburger, Cheeseburger or *Garden Burger on Whole Wheat Bun Grilled Vegetables Choice of Fruit Choice of Milk</p>	<p>18. Chicken Tenders Seasoned Brown Rice Mixed Vegetables Choice of Fruit Choice of Milk</p>	<p>19. *Big Daddy's TM Pizza Broccoli Florets Choice of Fruit Choice of Milk</p>	<p>20. Grilled Ham & Cheese Sandwich Tomato Soup Homemade Coleslaw Choice of Fruit Choice of Milk</p>
<p>23. Spicy or Crispy Chicken Patty on Whole Wheat Bun w/Lettuce & Tomatoes Roasted Vegetables Choice of Fruit Choice of Milk</p>	 <p>24. Testing and Regents Exams</p>	<p>25.</p>	 <p>26.</p>	<p>27. *Pizza Mixed Salad Choice of Fruit Choice of Milk</p>
<p>30. Chicken Fajita Fiesta Brown Rice Seasoned Vegetables Choice of Fruit Choice of Milk</p>	<p>31. BBQ Chicken Sandwich Melt Grilled Vegetables Choice of Fruit Choice of Milk</p>			



Fruit choices include Peaches, Pears, Pineapple, Applesauce and Mixed Fruit.
Fresh Fruit will be seasonal with a variety of Apples, Oranges, Pears and Bananas.

- Choice of Milk includes:
- Skim Milk
 - 1% Milk
 - 1% Chocolate Milk
 - 1% Strawberry Milk

Assorted Sandwiches available daily and may include:
Ham and Cheese on Roll
Sliced Turkey on Roll
Tuna Salad on Roll
Peanut Butter and Jelly

Daily Heart Healthy Choices:
Salad Platter
Wrap Platter
Low Fat Yogurt Platter

Any Sandwich or Platter Lunch may be substituted for main entrée on any given day.

Soup Served Daily

*Vegetarian items

Salads and other vegetarian items available daily.