

Menu is subject to change due to availability of food.



# NATIONAL NUTRITION MONTH



March 2011 Lunch Menu  
H. Frank Carey High School

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

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

Mon	Tue	Wed	Thu	Fri
	1. Hamburger, Cheeseburger or *Vegetable Burger Turkey Vegetable Soup Choice of Fruit Choice of Milk	2. *Pizza Minestrone Soup Apple Crisp Choice of Fruit Choice of Milk	3. Swedish Meatballs Egg Noodles Green Beans Choice of Fruit Choice of Milk	4. *Whole Grain Pasta Al Forno Whole Wheat Dinner Roll Vegetable Soup Choice of Fruit Choice of Milk
7. <b>FREE BREAKFAST ELMONT!</b> Chicken Quesadilla Roasted Vegetables Choice of Fruit Choice of Milk	8. <b>FREE BREAKFAST FLORAL PARK!</b> Chicken Tenders Seasoned Brown Rice Mixed Vegetables Choice of Fruit Choice of Milk	9. <b>FREE BREAKFAST H. FRANK CAREY!</b> *Mozzarella Sticks w/Marinara Sauce Vegetable Blend Medley Choice of Fruit Choice of Milk	10. <b>FREE BREAKFAST NEW HYDE PARK!</b> *Cheese Pizza Garden Salad Choice of Fruit Choice of Milk	11. <b>FREE BREAKFAST SEWANHAKA!</b> *Homemade Macaroni & Cheese Minestrone Soup Choice of Fruit Choice of Milk
14. Brunch for Lunch! *Colby Cheese Omelet French Toast Sticks Potato Smiles Choice of Fruit Choice of Milk	15. Spicy or Crispy Chicken Patty on Bun w/Lettuce & Tomato Grilled Vegetables Choice of Fruit Choice of Milk	16. *Stuffed Crust Pizza Italian Vegetables Choice of Fruit Choice of Milk	17. Corned Beef & Cabbage Mashed Potatoes Shamrock Cookie Choice of Fruit Choice of Milk	18. *Cheese Tortellini Italian Bread Slices Fresh Garden Salad Choice of Fruit Choice of Milk
21. Hamburger, Cheeseburger or *Vegetable Burger Minestrone Soup Choice of Fruit Choice of Milk	22. Taco Salad w/Seasoned Ground Beef, Lettuce, Tomatoes, Cheese & Baked Scoops Choice of Fruit Choice of Milk	23. Teriyaki Chicken Dippers Vegetable Lo Mein Stir Fry Vegetables Choice of Fruit Choice of Milk	24. Grilled Ham & Cheese Sandwich Tomato Soup Choice of Fruit Choice of Milk	25. *Cheese Ravioli Whole Wheat Dinner Roll Broccoli Florets Chocolate Pudding Choice of Fruit Choice of Milk
28. *Mozzarella Sticks w/Marinara Sauce Grilled Vegetables Choice of Fruit Choice of Milk	29. Spicy or Crispy Chicken Patty on Bun w/Lettuce & Tomato Carrot Crunchers Choice of Fruit Choice of Milk	30. Meatball Hero Parmesan Garden Salad Choice of Fruit Choice of Milk	31. *Big Daddy's™ Pizza Grilled Zucchini Choice of Fruit Choice of Milk	

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
- 1%
- Low Fat Chocolate Milk
- Low Fat Strawberry Milk
- Whole 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 Cheese

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.