

Menu is subject to change due to availability of food.










January 2011 Lunch Menu Sewanhaka Central High School District



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
3. *Pizza Mixed Salad Choice of Fruit Choice of Milk	4. Spicy or Crispy Chicken Patty on Whole Wheat Bun w/Lettuce & Tomatoes Grilled Vegetables Choice of Fruit Choice of Milk	5. Meatball Hero Parmesan Italian Mixed Vegetables Low Fat Pudding Choice of Fruit Choice of Milk	6. Hamburger, Cheeseburger or *Garden Burger on Whole Wheat Bun Minestrone Soup Choice of Fruit Choice of Milk	7. *Whole Grain Pasta Al Forno Whole Wheat Dinner Roll Seasoned Green Beans Choice of Fruit Choice of Milk
10. *Mozzarella Sticks w/Marinara Sauce Broccoli Florets Choice of Fruit Choice of Milk	11. Brunch for Lunch! *Colby Cheese Omelet French Toast Sticks Potato Smiles Choice of Fruit Choice of Milk	12. Taco Salad w/ Seasoned Ground Beef, Lettuce, Tomatoes, Cheese, Baked Scoops and Salsa Spanish Rice Choice of Fruit Choice of Milk	13. Teriyaki Chicken Dippers Vegetable Lo Mein Stir Fry Vegetables Choice of Fruit Choice of Milk	14. *Cheese Ravioli Whole Wheat Dinner Roll Mixed Vegetables Choice of Fruit Choice of Milk
17. MARTIN LUTHER KING JR. DAY 	18. Hamburger, Cheeseburger or *Garden Burger on Whole Wheat Bun Grilled Vegetables Choice of Fruit Choice of Milk	19. Chicken Tenders Seasoned Brown Rice Mixed Vegetables Choice of Fruit Choice of Milk	20. *Big Daddy's™ Pizza Broccoli Florets Choice of Fruit Choice of Milk	21. Whole Grain Baked Penne w/Meat or *Plain Sauce Whole Wheat Dinner Roll Garden Salad Choice of Fruit Choice of Milk
24. Spicy or Crispy Chicken Patty on Whole Wheat Bun w/Lettuce & Tomatoes Roasted Vegetables Choice of Fruit Choice of Milk	25. 	26.	27. 	28. *Whole Grain Pizza Sticks w/Marinara Sauce Mixed Salad Choice of Fruit Choice of Milk
31. Chicken Fajita Fiesta Brown Rice Seasoned Vegetables 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 Milk
 - 1% Low Fat Milk
 - 1% Low Fat Chocolate Milk
 - 1 % 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.