

Menu is subject to change due to availability of food.



September 2010 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
		1. NO CLASSES	2. NO CLASSES	3.
6. LABOR DAY!	7. *Pizza Grilled Vegetables Choice of Fruit Choice of Milk	8. Crispy or Spicy Chicken Patty on Whole Wheat Bun w/ Lettuce & Tomatoes Baked Hash Browns Choice of Fruit Choice of Milk	9. ROSH HASHANAH	10. ROSH HASHANAH
13. *Mozzarella Sticks w/Marinara Sauce Mixed Vegetables 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. Taco Salad w/Seasoned Ground Beef, Lettuce, Tomatoes, Cheese & Baked Scoops Spanish Rice Choice of Fruit Choice of Milk	16. Chicken Tenders w/BBQ Sauce Rice Pilaf Italian Vegetables Choice of Fruit Choice of Milk	17. *Wholegrain Baked Pasta Grilled Vegetables Apple Crisp Choice of Fruit Choice of Milk
20. Hamburger, Cheeseburger or *Garden Burger on Whole Wheat Bun Three Bean Salad Choice of Fruit Choice of Milk	21. Meatball Hero Parmesan Garden Salad Choice of Fruit Choice of Milk	22. Crispy or Spicy Chicken Patty on Whole Wheat Bun Carrot Raisin Salad Choice of Fruit Choice of Milk	23. *Whole Grain Stuffed Crust Pizza Grilled Vegetables Choice of Fruit Choice of Milk	24. *Cheese Ravioli Whole Wheat Dinner Roll Mixed Salad Choice of Fruit Choice of Milk
27. Chicken Teriyaki Dippers Vegetable Lo Mein Stir Fry Vegetables Choice of Fruit Choice of Milk	28. Beef & Cheese Burrito Fiesta Rice Roasted Vegetables Choice of Fruit Choice of Milk	29. *Big Daddy Pizza Mixed Vegetables Choice of Fruit Choice of Milk	30. Chicken Parmesan Side of Whole Grain Pasta Italian Vegetables Choice of Fruit Choice of Milk	



- 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.

