

MENU SUBJECT TO CHANGE!

LUNCH PRICES

STUDENT PAID \$1.45
 STUDENT REDUCED \$0.40
 ADULT \$3.00

YOU **MUST** CHOOSE 1 ENTRÉE.
 YOU *MAY* CHOOSE UP TO 3 SIDES.
 YOU **MAY** CHOOSE 1 MILK

YOU **MUST** HAVE 1 ENTRÉE PLUS 2 OTHER ITEMS TO QUALIFY FOR THE SCHOOL LUNCH PRICE.

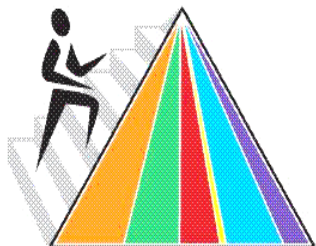
DAILY MILK SELECTION:
 1% White, 1% Flavored or Skim Milk Available

In addition to the fruit choices listed on the menu, we will also have at least 2 fresh and 1 canned fruit available daily.

Vegetable Choices May Include :

Hot Steamed Vegetables, Tossed Salad, Coleslaw, Carrot Sticks, Celery Sticks, Oven Fries & Tater Tots

MyPyramid.gov
 Steps to a healthier you!



SENIOR HIGH SCHOOL LUNCH MENU MARCH 2010

OFFERED DAILY

UP FOR GRABS
 A Selection of Salads and Deli Sandwiches

DELI CORNER
 Made to order Hoagies, Sandwiches and Wraps

J CLARKES GRILL
may include:
 Hot Dog, Chicken Patty Sandwich, Peanut Butter & Jelly Sandwich, Ham & Cheese Melt, Fishwich or Breakfast Sandwiches

Hamburgers and Cheeseburgers



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| 1 Signature Entree Cheesesteak Sandwich J Clarkes Grille Hot Ham & Cheese on a Bun Greens & Things Apple Juice, Tossed Salad, Oven Fries, Broccoli, Vegetable Chili | 2 Signature Entree Hot Dog J Clarkes Grille Chicken Patty Sandwich Greens & Things Gelatin, Pretzel Twists, Carrots, Mixed Vegetables, Soup of the Day | 3 Signature Entree Soft-Shell Taco J Clarkes Grille Hot Ham & Cheese on a Bun Greens & Things Orange Juice, Let/Tom. Topping, Spanish Rice, Corn, Chicken Noodle Soup | 4 Signature Entree Toasted Cheese Sandwich J Clarkes Grille Chicken Patty Sandwich Greens & Things Apple Slices, Macaroni Salad, Baked Beans, Peas, Tomato Soup | 5 Signature Entree Teriyaki Chicken w/Brown Rice J Clarkes Grille Fishwich Greens & Things Applesauce, White Bread, Corn, Green Beans, Vegetable Soup |
| 8 Signature Entree Popcorn Chicken w/Roll J Clarkes Grille Hot Ham & Cheese on a Bun Greens & Things Orange Juice, Macaroni Salad, Rice Pilaf, Green Beans, Tomato Soup | 9 Signature Entree Macaroni & Cheese J Clarkes Grille Spicy Chicken Patty Sandwich Greens & Things Mixed Fruit, Garden Salad, Buttered Noodles, Carrot Coins, Chicken Noodle Soup | 10 Signature Entree Hard-Shell Tacos J Clarkes Grille Dbl. Chicken Burger & Cheese Greens & Things Diced Pears, Lettuce & Tomato Topping, Baked Beans, Veggie Mix, Soup of the Day | 11 Signature Entree Buffalo Chicken Pizza J Clarkes Grille Chicken Patty Sandwich Greens & Things Gelatin w/Fruit, Pasta Salad, Sweet Potatoes, Steamed Peas, Chicken/Rice Soup | 12 No School |
| 15 Signature Entree Chicken Nuggets w/Roll J Clarkes Grille Ham & Cheese Melt Greens & Things Chilled Peaches, Macaroni Salad, Spanish Rice, <u>Green Beans</u> , Soup of the Day | 16 Signature Entree Spaghetti w/Plain Sauce J Clarkes Grille Chicken Patty Sandwich Greens & Things Waldorf Salad, <u>Tossed Garden Salad</u> , Baked Beans, Vegetable Mix, Veg. Beef Soup | 17 Signature Entree Bradford Owl Burger J Clarkes Grille Sausage, Egg & Cheese Muffin Greens & Things Chilled Pears, Graham Crackers, Seasoned Rice, <u>Spinach</u> , Vegetable Soup | 18 Signature Entree Baked Breaded Chicken J Clarkes Grille Chicken Patty Sandwich Greens & Things Orange Juice, Coleslaw, Mashed Potato w/gravy, <u>Peas</u> , Chicken/Rice Soup | 19 Signature Entree Toasted Cheese Sandwich J Clarkes Grille Fishwich Greens & Things Applesauce, Pasta Salad, Vegetable Mix, <u>Broccoli</u> , Tomato Soup |
| 22 Signature Entree Meatball Sub J Clarkes Grille Cheeseburger w/Bacon Greens & Things Applesauce, Pickle Spears, Sweet Potatoes, Steamed Carrots, Tomato Soup | 23 Signature Entree Sloppy Joe Sandwich J Clarkes Grille Spicy Chicken Patty Sandwich Greens & Things Orange Juice, Trail Mix, Oven Fries, Garden Peas, Chili | 24 Signature Entree Soft-Shell Taco J Clarkes Grille Hot Ham & Cheese on a Bun Greens & Things Cin. Apple Slices, Lettuce & Tomato Topping, Spanish Rice, Corn, Soup of the Day | 25 Signature Entree Cheesesteak Sandwich J Clarkes Grille Chicken Patty Sandwich Greens & Things Gelatin, Macaroni Salad, Baked Beans, Green Beans, Chicken Ndl Soup | 26 Signature Entree Pork Stir-Fry over Rice J Clarkes Grille Fishwich Greens & Things Chilled Pears, Wheat Bread, Rotini w/Sauce, Mixed Veggies, Vegetable Soup |
| 29 Signature Entree Chicken Nuggets w/Roll J Clarkes Grille Hot Ham & Cheese on a Bun Greens & Things Applesauce, Coleslaw, Seasoned Rice, Broccoli, Tomato Soup | 30 Signature Entree Turkey w/Gravy over a Biscuit J Clarkes Grille Chicken Patty Sandwich Greens & Things Pineapple, Pasta Salad, Mashed Potato, Peas, Soup of the Day | 31 Signature Entree Spaghetti w/Meatballs J Clarkes Grille Sausage, Egg & Cheese Muffin Greens & Things Orange Juice, Bread, Brown Rice, G Beans, Chicken Rice Soup | GOING FOR THE GREENS! Celebrated during the week of March 15th. We will highlight a green vegetable each day! | |
| | | | | Try our GREEN Highlighted Vegetables During the week of March 15th as we celebrate GOING FOR THE GREENS! |

DEFINITION FOR MARCH:

Calcium: Mineral that helps bones and teeth grow healthy and strong.

The Metz & Associates Team Wishes Good Luck to all Spring Sports Teams!!!

PIZZA EXPRESS

DAILY
 Pepperoni
 Cheese

Thursday, March 4th
Thursday, March 11th
Thursday, March 25th
 Buffalo-Style Chicken

We will also offer a Pizza of the Day.

