

High School Sample

Menu



Monday September 13, 2010

Chicken Fries
Bow-tie Pasta with Broccoli (garlic & oil)
Grilled Chicken Sandwich on a Roll with Lettuce and Tomatoes

Tuesday September 14, 2010

Mozzarella Dippers-Baked Mozzarella Heros with a Cup of Marinara Sauce
Chicken Bruschetta
Broccoli Oreganata
Penne Alla Vodka

Wednesday September 15, 2010

Popcorn Chicken
Pesto Whole Wheat Pasta Primavera freshly made with Basil and Garlic Sauce with Steamed Vegetables
Turkey Sandwiches with Lettuce and Tomatoes

Thursday September 16, 2010

Nacho Grande (Ground beef cooked in Mexican spices over baked tortilla chips with choice of cheese, lettuce, tomatoes, olives, salsa or sour cream)
Baked Stuffed Potatoes with topping choices of bacon, broccoli, cheese, butter or sour cream

Friday September 17, 2010

Mozzarella Sticks
Teriyaki Grilled Chicken with Rice
Austin's Homemade Pizza

Monday September 20, 2010

Chicken Tenders & Mashed Potatoes with String Beans (garlic & oil)
Chicken Ranch Sandwiches
Pasta with Grilled Vegetables

Tuesday September 21, 2010

Chicken or Cheese Quesadillas
Penne Alla Vodka
Cold Pasta & Bean Salad

Wednesday September 22, 2010

Chicken Fries
Eggplant Parmigiana & Ziti
Steamed Broccoli



Thursday September 23, 2010

Grilled Chicken Ceasar Sandwich
Macaroni & Cheese with Broccoli

Friday September 24, 2010

Popcorn Chicken
French Bread Pizza or Pizza Squares
Zucchini & Eggs Quiche

Monday September 27, 2010

Chicken Fries
Grilled BBQ Chicken Sandwiches
Spanish Rice & Beans

Tuesday September 28, 2010

Pizza Sticks
Chicken with Peppers and Onions

Wednesday September 29, 2010

Mozzarella Sticks
Meatloaf with Mashed Potatoes and Glazed Carrots

Thursday September 30, 2010

Nacho Grande
Baked Stuffed Potatoes
Sliced Pork Loin w/gravy

Friday October 1, 2010

Assorted 6 Ft Hero's
(Italian, American, Grilled Chicken or Chicken Ranch)
Austin's homemade pizza



Monday October 4, 2010

Chicken Fries
Bow-tie Pasta with Broccoli
Grilled BBQ Chicken Sandwiches
Chicken Soup

Tuesday October 5, 2010

Chicken Ranch Sandwiches
Turkey Roll-ups (Turkey stuffed with Stove Top Stuffing & Topped with Gravy)
Steamed Broccoli & Corn
Beef Noodle Soup

Wednesday October 6, 2010

Mozzarella Dippers
Chicken Bruschetta
String Beans
Chicken Soup

Thursday October 7, 2010

Baked Chicken Nuggets
Chicken Parmigiana
Penne Alla Vodka
Lentil Soup

Friday October 8, 2010

Popcorn Chicken
Austin's Homemade Pizza
Potatoes & Eggs Quiche
Broccoli Oreganata
Vegetable Soup