

Menu is subject to change due to availability of food.










February 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. <i>*Mozzarella Sticks w/Marinara Sauce Garden Salad Choice of Fruit Choice of Milk</i>	2. <i>Brunch for Lunch! *Colby Cheese Omelet French Toast Sticks Potato Smiles Choice of Fruit Choice of Milk</i>	3. <i>Taco Salad w/Seasoned Ground Beef, Lettuce, Tomatoes, Cheese, Baked Scoops and Salsa Spanish Rice Choice of Fruit Choice of Milk</i>	4. <i>*Pizza Garden Salad Apple Crisp Choice of Fruit Choice of Milk</i>	5. <i>*Wholegrain Pasta Al Forno Italian Bread Tossed Mixed Salad Choice of Fruit Choice of Milk</i>
8. <i>Spicy or Crispy Chicken Patty on Whole Wheat Bun Roasted Vegetables Choice of Fruit Choice of Milk</i>	9. <i>Hamburger, Cheeseburger or *Vegetable Burger on Whole Wheat Bun Minestrone Soup Choice of Fruit Choice of Milk</i>	10. <i>*Big Daddy Pizza Mixed Vegetables Chocolate Pudding Choice of Fruit Choice of Milk</i>	11. <i>Chicken Tenders w/BBQ Sauce Seasoned Brown Rice Broccoli Florets Choice of Fruit Choice of Milk</i>	12. <i>*Cheese Tortellini Italian Bread Garden Salad Ice Cream Cup Choice of Fruit Choice of Milk</i>
15. 	16. WINTER RECESS			19. 
22. <i>Chicken Quesadilla Fiesta Rice Roasted Vegetables Choice of Fruit Choice of Milk</i>	23. <i>Meatball Hero Parmesan Minestrone Soup Choice of Fruit Choice of Milk</i>	24. <i>*Mozzarella Sticks w/Marinara Sauce Three Bean Salad Chocolate Pudding Choice of Fruit Choice of Milk</i>	25. <i>Teriyaki Chicken Dippers Vegetable Lo Mein Stir Fry Vegetables Choice of Fruit Choice of Milk</i>	26. <i>*Whole Grain Baked Penne Italian Bread Seasoned Green Beans Choice of Fruit Choice of Milk</i>
				

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.