



SECONDARY SCHOOL LUNCH

FEBRUARY 2012



Sandwich of the day

Daily grab and Go...

Monday
Turkey

Tuesday
American Sub

Wednesday
Italian Sub

Thursday
Bologna & Cheese

Friday
Ham & Cheese

Weekly Alternates

Monday
Cheese Burger

Tuesday
Chicken Nuggets

Wednesday
Italian Burger

Thursday
Chicken Nuggets

Friday
Spicy Chicken Sandwich

	1	2	3
	Chicken Caesar Wrap Carrot Sticks Fruit Cup Choice Of Milk	Spaghetti & Meat Balls With Tossed salad & Italian Dressing Pears Choice Of Milk	Individual Pan Pizza Tossed Salad Fresh Fruit Choice of Milk
6	7	8	9
Cheesy Mac & Cheese With Green Beans Apple sauce Choice of Milk	Nachos Belle Grande! Nachos with beef, cheese, lettuce, salsa Applesauce Choice of Milk	Stromboli Garden salad Fresh Fruit Choice Of Milk	Meatball Parm hero With Mozzarella Cheese, Side salad Fresh Fruit Choice Of Milk
13	14	15	16
Spicy Chicken Sandwich On A Whole Wheat Bun with Tater Tots Fruited Jello Choice of Milk	Spaghetti Tacos Two Hard Tacos with spaghetti & Cheese Tossed Salad Red Velvet Cake Choice Of Milk Happy Valentine's Day!	Crispy Chicken wrap Three Bean salad Sliced Peaches Choice of Milk	Beef Burrito with Cheese Rice and Beans Fruit Cup Choice Of Milk
20	21	22	23
MIDWINTER RECESS-SCHOOLS CLOSED ENJOY!-			
27	28	29	
Beef Burrito with Cheese Rice and Beans Fruit Cup Choice Of Milk	Meatball Parm hero With Mozzarella Cheese, Side salad Fresh Fruit Choice Of Milk	Nachos Belle Grande! Nachos with beef, cheese, lettuce, salsa Applesauce Choice of Milk	

DELI & GREENS...MADE 2 ORDER

grab and go...

start with a grain breads, bagels, rolls, etc...
get some protein meats, turkey, salads
find some cheese american, swiss, mozzarella
customize it vegetables,

Side Salads
Chicken & Cheese
Crispy Chicken
Shredded Cheese
Tossed Greens

Questions?
Please contact Barbara Stabile
@ 631-274-4144

Start here! Choose Entrée

Fresh fruits and veggies galore. Vegetable blends, dessert fruits and station-specific sides make choosing only two a difficult decision.

All lunches includes milk, vegetable and fruit or 100% fruit juice