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March 2012

Middle Twp HS Lunch Menu Week 1
Paid Lunch $2.55 Reduced Lunch$.40

	Monday 27	Tuesday 28	Wednesday 29	Thursday 1	Friday 2
Favorite Comfort Foods & International Flavors Served Your Way	**Grilled Cheese Sandwich** Potato Wedges Hot veggies Choice of Fruit	**Super Salad Bar** Chopped Romaine or Iceberg Popcorn Chicken, Grilled Chicken, Choices of Fresh made Salads Fresh Vegetable Toppings Choice of Dressing Garlic Bread Stick	**General Tso's Chicken Bowl** Fresh Made General's Chicken with whole grain or white rice and fresh steamed Broccoli And a fortune cookie	**Taco Thursday** Beef or Chicken Hard or Soft Shell Nachos Taco Salad Cheeses Lettuce Tomato Salsa All made to order just for you!	**Home Made Meat Loaf** Mashed Potatoes with gravy Hot Veggies Choice of Fruit
Lean Beef Burgers, Veggie Burgers, Chicken Sandwiches on Whole Wheat Buns Available Daily	Popcorn Chicken with a dinner roll	Mozzarella Sticks with Marinara Sauce and a bread stick	Chicken Tenders with a wheat dinner roll	Cheese Steak Wrap	Hot Ham and Cheese on a wheat bagel
Classic Cheese Pizza Made with Reduced Fat Cheese Baked Fresh Daily	Pepperoni Pizza Daily Special	Pepperoni Pizza Daily Special	Pepperoni Pizza Daily Special	Pepperoni Pizza Daily Special	Pepperoni Pizza Daily Special
Cold Sandwiches & Salads Made Fresh Your Way Vegetable Toppings, including a choice of Whole Grain Breads & Wraps	Daily Special	Daily Special	Daily Special	Daily Special	Daily Special
Featuring Fresh Seasonal Produce Including Local Items as Available					

Fresh Food Fast - Packaged for Grab N' Go	Available Daily A variety of pre-made **salads** ready to go with no wait	Available Daily A variety of **sandwiches and wraps** ready to go with fresh made salads, and vegetables

Join us for Breakfast served every morning in the Cafeteria!
Put money on your account visit myschoolaccount.com

A full lunch includes choice of entrée. two fruit/vegetable sides and skim or 1% milk

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HIGH SCHOOL LUNCH MENU - WEEK 2

	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Favorite Comfort Foods & International Flavors Served Your Way	**Cheese Burger Bar** Two Beef Patties Turkey Burgers Veggie Burgers Choice of bread white or wheat Lots of fresh vegetable toppings to choose from	**Panthers Chicken Bar** Chicken Nuggets, Tenders, Popcorn Chicken Homemade Macaroni and Cheese Stewed Tomatoes Hot Seasoned Vegetable	**Italian Pasta Bar** Choose from Meat Ball, Meat Sauce, or Marinara Side Salad Garlic Bread	**Taco Thursday** Beef or Chicken Hard or Soft Shell Nachos Taco Salad Cheeses Lettuce Tomato Salsa All made to order just for you!	**Fresh Oven Roasted Hot Turkey Sandwich** served with Mashed Potatoes and Gravy Seasoned vegetable Choice of roll or bread
Lean Beef Burgers, Veggie Burgers, Chicken Sandwiches including Whole Wheat options Available Daily	Popcorn Chicken with a dinner roll	Mozzarella Sticks with Marinara Sauce and a bread stick	Chicken Tenders with a wheat dinner roll	Cheese Steak Wrap	Hot Ham and Cheese on a wheat bagel
Classic Cheese Pizza Made with Reduced Fat Cheese Baked Fresh Daily	Pepperoni Pizza Daily Special	Pepperoni Pizza Daily Special	Pepperoni Pizza Daily Special	Pepperoni Pizza Daily Special	Pepperoni Pizza Daily Special
Cold Sandwiches & Salads Made Fresh Your Way Vegetable Toppings, including a choice of Whole Grain Breads & Wraps	Daily Special	Daily Special	Daily Special	Daily Special	Daily Special
Featuring Fresh Seasonal Produce Including Local Items as Available					
Fresh Food Fast - Packaged for Grab N' Go	Available Daily A variety of pre-made **salads** ready to go with no wait		Available Daily A variety of **sandwiches and wraps** ready to go with fresh made salads, and vegetables		

A full lunch includes choice of entrée, two fruit/vegetable sides and skim or 1% milk

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HIGH SCHOOL LUNCH MENU - WEEK 3

	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Favorite Comfort Foods & International Flavors Served Your Way	**Cheese Burger Bar** Two Beef Patties Turkey Burgers Veggie Burgers Choice of bread white or wheat Lots of fresh vegetable toppings to choose from	**Super Salad Bar** Chopped Romaine or Iceberg Popcorn Chicken, Grilled Chicken, Choices of Fresh made Salads Fresh Vegetable Toppings Choice of Dressing Garlic Bread Stick	**General Tso's Chicken Bowl** Fresh Made General's Chicken with whole grain or white rice and fresh steamed Broccoli And a fortune cookie	**Taco Thursday** Beef or Chicken Hard or Soft Shell Nachos Taco Salad Cheeses Lettuce Tomato Salsa All made to order just for you!	**Home Made Meat Loaf** Mashed Potatoes with gravy Hot Veggies Choice of Fruit
Lean Beef Burgers, Veggie Burgers, Chicken Sandwiches including Whole Wheat options	Popcorn Chicken with a dinner roll	Mozzarella Sticks with Marinara Sauce and a bread stick	Chicken Tenders with a wheat dinner roll	Cheese Steak Wrap	Hot Ham and Cheese on a wheat bagel
Classic Cheese Pizza Made with Reduced Fat Cheese Baked Fresh Daily	Pepperoni Pizza Daily Special	Pepperoni Pizza Daily Special	Pepperoni Pizza Daily Special	Pepperoni Pizza Daily Special	Pepperoni Pizza Daily Special
Cold Sandwiches & Salads Made Fresh Your Way Vegetable Toppings, including a choice of Whole Grain Breads & Wraps	Daily Special	Daily Special	Daily Special	Daily Special	Daily Special
Featuring Fresh Seasonal Produce Including Local Items as Available					

Fresh Food Fast - Packaged for Grab N' Go	Available Daily A variety of pre-made **salads** ready to go with no wait	Available Daily A variety of **sandwiches and wraps** ready to go with fresh made salads, and vegetables

A full lunch includes choice of entrée, two fruit/vegetable sides and skim or 1% milk

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HIGH SCHOOL LUNCH MENU – WEEK 4

	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Favorite Comfort Foods & International Flavors Served Your Way	**Beef-A Roni** Seasoned Vegetable Choice of Fruit	**Panthers Chicken Bar** Chicken Nuggets, Tenders, Popcorn Chicken Homemade Macaroni and Cheese Stewed Tomatoes Hot Seasoned Vegetable	**Italian Pasta Bar** Choose from Meat Ball, Meat Sauce, or Marinara Side Salad Garlic Bread	**Taco Thursday** Beef or Chicken Hard or Soft Shell Nachos Taco Salad Cheeses Lettuce Tomato Salsa All made to order just for you!	**Managers choice**
Available Daily **Lean Beef Burgers, Veggie Burgers, Chicken Sandwiches including Whole Wheat options**	Popcorn Chicken with a dinner roll	Mozzarella Sticks with Marinara Sauce and a bread stick	Chicken Tenders with a wheat dinner roll	Cheese Steak Wrap	Hot Ham and Cheese on a wheat bagel
Classic Cheese Pizza Made with Reduced Fat Cheese **Baked Fresh Daily**	Pepperoni Pizza Daily Special	Pepperoni Pizza Daily Special	Pepperoni Pizza Daily Special	Pepperoni Pizza Daily Special	Pepperoni Pizza Daily Special
Cold Sandwiches & Salads Made Fresh Your Way **Vegetable Toppings, including a choice of Whole Grain Breads & Wraps**	Daily Special	Daily Special	Daily Special	Daily Special	Daily Special
Featuring Fresh Seasonal Produce Including Local Items as Available					

Fresh Food Fast - Packaged for Grab N' Go	Available Daily A variety of pre-made **salads** ready to go with no wait	Available Daily A variety of **sandwiches and wraps** ready to go with fresh made salads, and vegetables

A full lunch includes choice of entrée, two fruit/vegetable sides and skim or 1% milk