



**June 2010  
Lunch Menu  
High School / Middle School**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Student Meal \$2.00</b> <b>Reduced Meal \$ .25</b> <b>Adult Meal \$2.87</b> + tax	<b>Available Daily</b> PBJ, Cheese Sandwich Assorted Salads Assorted Wraps Yogurt Parfait	<sup>2</sup> <b>Cowboy Burger</b> All Beef Burger served with BBQ Sauce & American Cheese Lettuce & Tomato on a Whole Wheat Bun <b>OR</b> <b>Tuna fish Wrap</b> Tuna Salad with Lettuce & Tomato rolled in a Flour Tortilla Green Beans Peaches Milk	<sup>3</sup> <b>South of the Border Bar</b> Seasoned Ground Turkey served with Flour or Corn Tortillas, or Chips Lettuce Tomato <b>OR</b> <b>Ham &amp; American Wrap</b> Deli ham & American in a Flour tortilla Mixed Vegetables Applesauce Milk	<sup>4</sup> <b>Pizza</b> Whole Wheat Crust with Marinara Sauce and Mozzarella Cheese <b>OR</b> <b>Turkey &amp; Romaine Lettuce Wrap</b> served with Green Salad Orange Milk
<sup>7</sup> <b>Baked Fried Chicken</b> Oven Baked Chicken Pieces <b>OR</b> <b>Egg Salad Plate</b> Fresh Egg Salad served over Lettuce Mix Bread Stick Three Bean Salad Apple		<sup>8</sup> <b>Pasta Bar</b> Spaghetti or Whole Wheat Rotini topped with assorted Sauces, Marinara, Meat, Alfredo <b>OR</b> <b>Chicken Salad Wrap</b> Diced Chicken with Lettuce & Tomato in a flour Tortilla Cucumber Rounds Peaches Milk	<sup>9</sup> <b>Meatball Parmesan</b> Baked Beef Meatballs topped with Marinara & Shredded Mozzarella Cheese on a Whole Wheat Roll <b>OR</b> <b>Turkey Bologna &amp; Cheese</b> On Whole Wheat Bread Orange Fresh Fruit Milk	<sup>10</sup> <b>Caribbean Turkey Burrito</b> Jerk Seasoned Turkey Breast served with Fresh Local Peppers in a Flour Tortilla <b>OR</b> <b>Italian Hero Wedge</b> Sweet Peas Pineapples Milk
<sup>14</sup> <b>Pizza Bar</b> Pizza Bagels, French Bread Pizza, Whole Wheat Pizza with assorted Toppings <b>OR</b> <b>Assorted Deli Sandwiches and Salads</b> Pasta Salad Peaches Milk	<sup>15</sup>	<sup>16</sup>	<sup>17</sup>	<sup>18</sup>
<sup>21</sup>	<sup>22</sup>	<sup>23</sup>	<sup>24</sup>	<sup>25</sup>

**Regents Breakfast Only Served**

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# WEEKLY HERO & SALAD SPECIALS

	<u>HEROS</u>	<u>SALAD</u>
<b>MONDAY</b>	Turkey & American Cheese American Sub	Tuna Fish Plate
<b>TUESDAY</b>		Cobb Salad
<b>WEDNESDAY</b>	Ham & Provolone Cheese	Egg Salad Plate
<b>THURSDAY</b>	Turkey Bologna & American	Fresh Vegetable Toss Salad
<b>FRIDAY</b>	Grilled Vegetable Wrap	Chicken Salad Plate

Heros are made with 3oz of meat and cheese and served on a 5 inch Grinder

Salads are made over 1 cup of romaine and iceberg mix and come with Breadsticks

Heros and Salads are served with your choice of dressings, Ranch, low-Fat Italian, Balsamic Vinaigrette, and an 8 oz milk variety, and available fresh or cupped fruit