



Island Trees Schools

Secondary Menu

January 2010



Mon	Tue	Wed	Thu	Fri
4 Grilled Cheese Tomato Soup Fruit	5 Popcorn Chicken Bowl Gravy/Potatoes Cheese/Corn Fruit	6 Meatball Hero Cucumber Slices Fruit	7 BBQ Pulled Pork French Fries Corn Fruit	8 Personal Pan Pizza Celery and Carrots Fruit
11 Chicken and Cheese Quesadilla Rice/Corn Fruit	12 Philly Cheese Steak with or w/o Onions Peas Fruit	13 Chicken Patty on a Whole Wheat Bun Tossed Salad Fruit	14 Hamburger/Cheeseburger French Fries Carrots Fruit	15 Plain, Veggie or Pepperoni Pizza Slice String Bean Salad Fruit
18 Martin Luther King Day Schools Closed	19 Homemade Turkey Soup with a Large Soft Pretzel Fruit	20 Pasta Alfredo Italian Bread Broccoli Fruit	21 Nathan's Hot Dog Tater Tots Coleslaw Fruit	22 Stuffed Crust Pizza Cucumber Slices Fruit
25 Chicken Nuggets Mashed Potatoes Carrots Fruit HS Testing	26 Nachos Grande Meat/Cheese Salsa/Sour Cream Rice/Beans Fruit HS Testing	27 Spaghetti and Meatballs Garlic Bread Green Salad Fruit HS Testing	28 Hamburger/Cheeseburger French Fries Corn Fruit HS Testing	29 Plain, Veggie or Pepperoni Pizza Slice Green Bean Salad Fruit HS Testing
<h1>Happy & Healthy New Year!</h1>				

Lunch \$1.60

Daily Alternatives

Sandwiches-Tuna,Egg Salad, Ham&Cheese, Cheese, Lettuce & Tomato

Assorted Salads Available Daily

Boars Head Heros

Available Daily \$ 3.50

Choose Sensibly

Snacks \$.50-\$1.00

Baked Chips, Popcorn, Gold Fish, Sun Chips, Pretzels
Graham Crackers, Pop Tarts, 100 Calorie Packs, Nutrigrain Bars,

Choice of Milk/Juice

1% chocolate
1% strawberry
1% white
skim
2% white

Available Daily

Soup \$.65/ \$.80 cup
Bottled Water \$1.00
Fresh and Canned Fruit \$.50



Peggy McElhinney
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