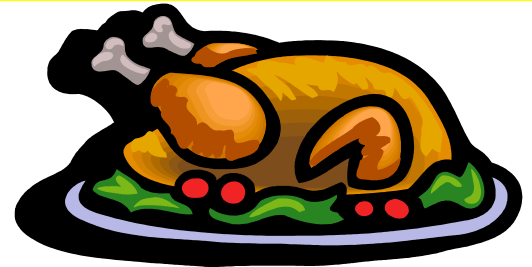


# Island Trees Schools

## Secondary Menu

### November 2011



Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	Tangerine Chicken Rice Bowl Broccoli Fruit	Spaghetti And Meatballs Garlic Bread Garden Salad Fruit	Hamburger/ Cheeseburger French Fries Corn Fruit	Stuffed Crust Pizza Celery & Carrot Sticks Fruit
7	8	9	10	11
Chicken Tacos Hard or Soft Salsa/Sour Cream Cheese/Lettuce Fruit	<b>Conference Day No School</b>	Baked Ziti Garlic Bread Cucumber Slices Fruit	<b>Nathan's</b> Hot Dog French Fries Beans/Sauerkraut Fruit	<b>Veteran's Day No School</b>
14	15	16	17	18
Grilled Cheese Tomato Soup Soup Fruit	Popcorn Chicken Bowl Potatoes/Gravy Cheese/Corn Fruit	Pasta Alfredo Italian Bread Broccoli Fruit	BBQ Pulled Pork Sliders French Fries Cole Slaw Fruit	Plain, Veggie or Pepperoni Pizza Slice Pepper Strips Fruit
21	22	23	24	25
Chicken Nuggets Rice Carrots Fruit <b>No School Gr 9-12</b>	"Jumping Jack" Turkey Wrap w/Salsa & Cheese Sour Cream/Corn Fruit <b>No School Gr 5-8</b>	Cheese Stick Lunch Marinara Sauce String Bean Salad Fruit	<b>Happy Thanksgiving No School</b>	<b>Happy Thanksgiving No School</b>
28	29	30		
3 Cheese Chicken Patty on a Bun Tomato Soup Fruit	<b>Nacho's Grande</b> Beef/Cheese Salsa/Lettuce Sour Cream/Chips Fruit	Spaghetti and Meatballs Garlic Bread Garden Salad Fruit		

**Lunch \$1.60**

#### Daily Alternatives

Tuna Salad, Egg Salad, Ham & Cheese, Sunbutter and Jelly, Turkey, Cheese, Lettuce & Tomato

#### Milk Choices

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

#### Available Daily

Soup \$.85 & \$1.00 cup  
Bottled Water \$1.00  
Fresh Fruit



#### High School Café



#### The Garden Spot

#### Pre - Packaged Salads

**Available Daily \$1.60**

#### Monday

Crispy/Spicy Chicken

#### Tuesday

Greek Salad

#### Wednesday

Chef Salad

#### Thursday

Caesar Salad

#### Friday

Antipasto Salad

#### Pizza Pizza



**Fresh Pizza Selection**

**Available Daily**

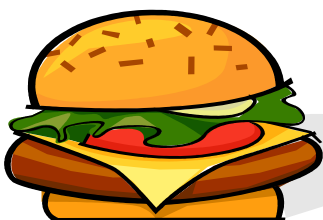
#### Bulldog Deli



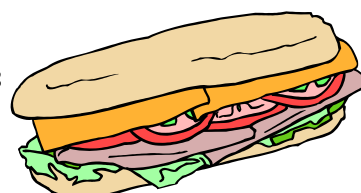
**Boar's Head Deli Bar**

**Sandwiches made to**

**Order \$4.00**



**Peggy McElhinney**  
**Director of Food Services**  
**520-2145**



Menu subject to change