

Island Trees Schools

Secondary Menu

October 2011



Mon 3	Tue 4	Wed 5	Thu 6	Fri 7
Chicken Patty on a Kaiser Roll Cucumber Slices Fruit	Tangerine Chicken Rice Bowl Broccoli Fruit	Pasta and Meat Sauce Garlic Bread Tossed Salad Fruit	Grilled Cheese w/wo Ham Tomato Soup Tater Tots Fruit	Stuffed Crust Pizza Celery & Carrot Sticks Fruit
10	11	12	13	14
Columbus Day No School	Popcorn Chicken Bowl Potatoes/Gravy Cheese/Corn Fruit	Pasta Alfredo Italian Bread Broccoli Fruit	"Jumping Jack" Turkey Wrap w/Salsa & Cheese Sour Cream/Corn Fruit	Plain, Veggie or Pepperoni Pizza Slice Cucumbers Fruit
17	18	19	20	21
Spicy Chicken Tenders Mashed Potatoes Carrots Fruit	Teriyaki Chicken Rice Bowl Broccoli Fruit	Baked Ziti Garlic Bread Garden Salad Fruit	Hamburger/ Cheeseburger French Fries String Beans Fruit	Personal Pan Pizza Celery & Carrot Sticks Fruit
24	25	26	27	28
Chicken & Cheese Quesadilla Rice Black Beans Fruit	Nathan's Hot Dog Tater Tots Beans/Sauerkraut Fruit	Cheese Stick Lunch Marinara Sauce String Bean Salad Fruit	BBQ Pulled Pork Sliders French Fries Fruit	Plain, Veggie or Pepperoni Pizza Slice Pepper Strips Fruit
 Happy Halloween Spicy Chicken Patty on a Roll Corn Fruit		Happy Halloween		

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

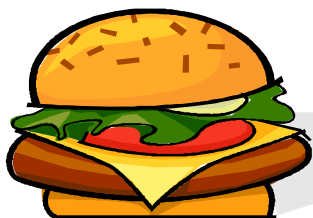
Bulldog Deli



Boar's Head Deli Bar

Sandwiches made to

Order \$4.00



Peggy McElhinney
Director of Food Services
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