

Island Trees Schools

Secondary Menu

September 2010



Mon	Tue	Wed	Thu	Fri
		1	2	3
<h1>Welcome Back!</h1>				
6	7	8	9	10
Labor Day No School	Chicken Patty on a Kaiser Roll Lettuce and Tomato Fruit	Grilled Cheese Tomato Soup Sun Chips Fruit	Rosh Hashanah No School	Rosh Hashanah No School
13	14	15	16	17
Nathan's Hot Dog Tater Tots Carrots Fruit	Mashed Potato Bowl Chicken/Gravy Corn/Cheese Fruit	Baked Ziti Garlic Bread Garden Salad Fruit	BBQ Pulled Pork on a Kaiser Roll French Fries Fruit	Pizza Pizza Plain/Pepperoni Pizza Slice Veggie Sticks Fruit
20	21	22	23	24
Spicy Chicken Patty on a Kaiser Roll Lettuce/Tomato Fruit	Sliders! Mini Hamburgers on a Soft Roll Potato Salad Fruit	Pasta Alfredo Italian Bread Broccoli Fruit	Jumpin' Jack Turkey Wrap Salsa/Corn French Fries Fruit	Stuffed Crust Pizza Carrot and Celery Sticks Fruit
27	28	28	30	
Chicken and Cheese Quesadillas Rice/Corn Fruit	Rice Bowl Chicken/Peppers Pineapple/Onion Sweet and Sour Sauce	Spaghetti and Meatballs Garlic Bread String Bean Salad Fruit	Philly Cheese Steak Onions/Cheese French Fries 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

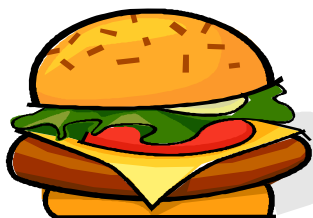
Bulldog Deli



Boar's Head Deli Bar

Sandwiches made to

Order \$4.00



Peggy McElhinney
Director of Food Services
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