



Freshly Prepared
Deli Style Sandwiches
Made to Order

Featuring:

- Fresh Veggies
- Variety of Cheeses
- Whole Grain Breads, Rolls and Wraps



Daily

Garden Salad with
Dark Leafy Greens

Monday

- Spinach & Strawberry Salad
- Fresh Pepper Strips
- Fresh Pears

Tuesday

- Penne & Bean Salad
- Baby Carrots
- Apple Slices

Wednesday

- Fresh Celery Sticks
- Peach Cups
- Fresh Apple

Thursday

- Carrot, Raisin, Pineapple Salad
- Cucumber Coins
- Apricot Cups

Friday

- Build Your Own Salad Bar
- Fresh Orange



Rogers High School February 2012

GET FRESH
BUY LOCAL.

		1	2	3
		Hamburger or Cheeseburger on a Whole Grain Bun Oven Baked Potato Wedges	Sloppy Joe (beef & bean) Whole Grain Bun Roasted Sweet Potatoes	Build Your Own Chicken Sandwich Grilled or Breaded Chicken Lettuce & Tomato On a Toasted Whole Grain Bulkie Roll
6	7	8	9	10
Cheese Quesadilla Seasoned Corn Fresh Orange Wedges	Vegetable Frittata (Italian Style Omelet with Veggies) Warm Garlic Breadstick	Crunchy Beef Tacos Shredded Cheddar Cheese Shredded Lettuce & Chopped Tomato Salsa	No School	Sizzling Backyard BBQ Chicken Salad Whole Grain Breadstick
13	14	15	16	17
Brunch for Lunch Whole Grain French Toast Sticks Fluffy Scrambled Eggs Apple Slices	Shepard's Pie (Seasoned Beef, Corn & Mashed Potato) Whole Grain Dinner Roll	Fish Sandwich Whole Wheat Bread Seasoned Carrot Coins	Kickin' BBQ Chicken Vegetarian Baked Beans Homemade Corn Bread	Rockin'Moroccan Vegetable Stew School Made Whole Grain Pita Chips
20	21	22	23	24
27	28	29		
Baked Fish With Breadcrumbs Topping Crisp Green Beans Whole Grain Breadstick	Chicken Fajita Sautéed Chicken Onions & Peppers Whole Grain Tortilla Fiesta Rice with Black Beans	Chicken Parmesan Sandwich Steamed Broccoli	No more lost or forgotten lunch money! Visit www.mynutrikids.com to register. Your child's student i.d. will be required. (Available through your school)	Or the food service office) You may use this service to pay on line or simply to access your child's transaction history or Account balance.



Served with Your Choice of Hot or Cold Vegetables, Salad, Fruit and Milk
Tuesday and Thursday: Cheese Pizza
Specials for the Week

- Monday Margarita Pizza
- Tuesday Greek Flatbread
- Wednesday Assorted Calzones
- Thursday Buffalo Chicken Flatbread
- Friday Meatball Pizza

Menutainment

Goes Mexican!

- Mondays Taco Bar – featuring baked fish
- Tuesdays Triple Decker Bean Tostados
- Wednesdays Mexican Lasagna
- Thursdays Crunchy Beef Taco Bar
- Fridays Chicken & Cheese Quesadilla



Specials for the Week

- Mondays Turkey Apple & Cheddar Panini
- Tuesdays Chicken, Cheddar & Broccoli Panini Wrap
- Wednesdays Italian Combo Panini with Salami, Provolone & Spinach
- Thursdays Turkey Club Panini
- Fridays Ham & Cheese Panini



Available Daily

Chicken Caesar Salad with Dinner Roll
Fruit & Yogurt Grab n Go Lunch

- Week 1 Veggie Wrap with Cheese
- Week 2 Chicken Ranch Wrap
- Week 3 Garden Salad with Cheese
- Week 4 Winter Recess
- Week 5 Chef Salad with Crisp Greens

Menu Subject to Change 🌾 all grain items are made with whole grains
All meals are served with milk (1% low fat white or flavored) Lactaid Milk Alternative always available
Any questions please call Cindy King, Director of Dining Services at 847-1170

Student Meal: \$2.10 • Breakfast: \$1.10 • Reduced Meal: 40¢ • Milk: 50¢ • Adult: \$2.85

