



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

- Pasta & Bean Salad

- Baby Carrots

- Apple Slices

Wednesday

- Fresh Celery Sticks

- Tangerines

- Fresh Apple

Thursday

- Carrot, Pineapple Salad with Sweet Dried Cherries
- Cucumber Coins
- Apricot Cups

Friday

- Build Your Own Salad Bar
- Fresh Orange



Rogers High School March 2012



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5	6	7	8	9	
	Cheese Quesadilla Fiesta Rice with Black Beans Seasoned Green Beans Fresh Orange Wedges	Chicken Chow Mein Fluffy Brown Rice Pineapple Tidbits Fortune Cookie	Italian Bowl Whole Grain Pasta Marinara Sauce Meatballs <i>Locally Grown Seasoned Broccoli</i> Roma Herb Blend	Pork Roast with Gravy Mashed Butternut Squash Whole Grain Dinner Roll	Build Your Own Chicken Sandwich Grilled or Breaded Chicken Lettuce & Tomato On a Toasted Whole Grain Bulkie Roll
12	13	14	15	16	
	Brunch for Lunch Fluffy Scrambled Eggs Home Fried Potatoes Turkey Sausage Apple Slices	Open Face Hot Chicken Sandwich On Whole Grain Bread Oven Baked Potato Wedges Cranberry Sauce	Hamburger or Cheeseburger on a Whole Grain Bun Vegetarian Baked Beans	Sloppy Joe (beef & bean) Whole Grain Bun Roasted Sweet Potatoes	Rockin' Moroccan Vegetable Stew School Made Whole Grain Pita Chips
19	20	21	22	23	
	Vegetable Frittata (Italian Style Omelet with Veggies) Warm Garlic Breadstick	Beef a Roni (Macaroni with Meatsauce) Seasoned Green Beans Roma Herb Blend	Special Chef's Table Featuring Spicy Thai Noodle Salad with Chicken Homemade Thai Vinaigrette	Kickin' BBQ Chicken Seasoned Collard Greens Homemade Corn Bread Cinnamon Applesauce	Fish Sandwich Whole Grain Bun Roasted Carrot Fries Homemade Cole Slaw
26	27	28	29	30	
	Baked Fish With Breadcrumb Topping Seasoned Carrot Coins Whole Grain Italian Breadstick	Chicken Fajita Sautéed Chicken Featuring <i>Locally Grown Peppers</i> <i>And Sautéed Onions</i> Whole Grain Tortilla Fiesta Black Bean Rice	Chicken Parmesan Sandwich Steamed Broccoli	Shepard's Pie (Seasoned Beef, Corn & Mashed Potato) Whole Grain Dinner Roll	Caribbean Chicken Salad with Rice and Beans Homemade Sweet & Spicy Pineapple Dressing

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



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 *Austin Steak Twister*
- 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 *Chef Salad with Crisp Greens*
- Week 2 *Chicken Ranch Wrap*
- Week 3 *Garden Salad with Cheese*
- Week 4 *Satsuma Cobb Salad*
- Week 5 *Veggie Wrap with Cheese*

