



St. Michael's High School December 2018



Week 1
Week 2
Week 3
Week 4
Week 5

3	4	5	6	7
Ring of Eggcellence Chicken Sandwich Chicken Nuggets w/wo Fresh Baked WG Roll Tater Tots Applesauce	Homemade Lasagna w/wo Fresh Baked WG Breadstick Chicken & Cheese Flatbread Steamed Carrots Mixed Fruit	Tot & Fry Bar Featuring tots and fries with chili, cheese fries Broccoli Pineapple Tidbits	Beefy Nachos Popcorn Chicken w/wo Fresh Baked WG Roll Refried Beans Diced Peaches	Grilled Cheese Sandwich Meatball Sub Tomato Soup/Green Beans Diced Pears
10	11	12	13	14
Monte Christo Sandwich BBQ Chicken Flatbread Steamed Broccoli Diced Pears	Shepherds Pie w/wo Fresh Baked WG Roll Chicken Nuggets w/wo Fresh Baked WG Roll Carrots Mixed Fruit	Hot Open Faced Turkey Sandwich Stuffing, Mashed Potatoes Apple Crisp	Chili Bowl Chicken Bacon Ranch Flatbread Corn Diced Peaches	Chicken Tenders w/Maple Mustard Sauce Hot Dog Baked Beans Mandarin Oranges
17	18	19	20	21
Scrambled Eggs w/wo Sausage w/w Toast Popcorn Chicken w/wo Fresh Baked WG Roll Hash Browns Mandarin Oranges	Chicken Parmesan w/Pasta Buffalo Chicken Flatbread Steamed Broccoli Mixed Fruit	Chicken & Waffles Steak & Cheese Sub French Fries Applesauce	General Tso's Chicken w/wo Brown Rice Chicken & Cheese Flatbread Steamed Carrots Diced Pears	Cuban Sandwich Chicken Nuggets w/wo Fresh Baked WG Roll Baked Beans Diced Peaches
24	25	26	27	28
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
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SALADS

Daily Salad Choices:

Week 1: Chicken Caesar Salad
 Week 2: Chef Salad
 Week 3: Turkey Cobb Salad
 Week 4: Buffalo Chicken Salad
 Week 5: Crispy Chicken Salad

Salads offered with a Fresh Baked WG Roll

Garden Salad w/cheese available daily.

A variety of fresh fruits and vegetables are available daily – apples, oranges, bananas, cupped fruit, broccoli, baby carrots

Low Fat and Fat Free Milk is available for all meals.

PIZZA

Pizza Choices:

Monday: Meat Lovers
 Tuesday: Calzones
 Wednesday: Meat Lovers
 Thursday: Calzones
 Friday: Meat Lovers

All pizzas feature whole grain crusts

Cheese & Pepperoni Pizza available daily

GRILL

Daily Grill Choices Week

Monday: Buffalo Chicken Sandwich
 Tuesday: Bacon Cheeseburger
 Wednesday: Hot Dog
 Thursday: Buffalo Chicken Sandwich
 Friday: Fish Sandwich

Cheeseburger & Chicken Patty Daily

All items can be purchased a la carte. Entrees are \$2.50 a la carte. A la carte items sold include baked chips (variety of flavors) for \$.65 - \$1.25, Fresh Baked Cookies for \$.75 each, Chocolate Filled Cookies \$1.25 each, Fruit Roll Ups and Scooby Snacks for \$.80, Rice Krispy Treats for \$1.25, Low Fat Ice Cream Novelties for \$1.00 - \$1.50. Tropicana Juice \$1.75, G2 all flavors \$1.50, Twist \$1.25, Water \$1.25 Pop Tarts & Nutri Grain Bars \$1.25, Yogurt \$1.25

DELI

Daily Deli Choices:

Week 1: Chicken Salad Sub
 Week 2: Chicken Ranch Wrap
 Week 3: Ham, Turkey, Cheese Sub
 Week 4: Italian Sub
 Week 5: Chicken Caesar Wrap

Turkey Sub, Ham Sub, and Chicken Caesar Wrap available everyday

HOLIDAY CELEBRATION WITH SPECIAL MENU ITEMS
 DECEMBER 10 - 14

Meal Definition: 1 meat/meat alternative, 1 bread/grain, 2 servings of fruit, 2 servings of vegetables & 1 low fat or fat free milk. Meals must include at least 3 components and 1 must be a fruit or vegetable.

This institution is an equal opportunity provider.