

MARCH 2012 High School Lunch Menu



Favorite Comfort Foods & International Flavors Served Your Way in a Bowl

Ready, Set, Deli!
Chilled Fruit Offered Daily

Monday
Chilled Peaches

Tuesday
Chilled Pears

Wednesday
Chilled Mixed Fruit

Thursday
Chilled Apple Sauce

Friday
Chilled Apricots

Ready, Set, Deli!

Daily Specials

Monday
Turkey BLT Wrap

Tuesday
Chicken Caesar Wrap

Wednesday
Asian Wrap

Thursday
Buffalo Chicken Wrap

Friday
Southwest Corn and Black Bean Wrap

Chicken Caesar Wrap w/ Broccoli Salad & Fresh Orange

Monday	Tuesday	Wednesday	Thursday	Friday
MARCH National Nutrition Month	March 5-9 National School Breakfast Week		1 Beef Stroganoff w/ Egg Noodles Green Beans Chilled Applesauce or Fresh Orange	2 Chicken Burrito Pinto Beans Chilled Apricots or Fresh Apple
5 Turkey Tetrazzini W/ Mixed Vegetables Bread Stick Chilled Peaches or Fresh Banana	6 Sweet and Sour Meatballs Oriental Mixed Vegetables Chilled Pears or Fresh Apple	7 Turkey Quesadilla Spanish Rice Pinto Beans Chilled Mixed Fruit or Fresh Orange	8 Breakfast For Lunch: Breakfast Burrito Homefries w/Peppers and Onions Salsa Chilled Applesauce or Fresh Orange	9 Nachos w/ Meat and/or Beans Cilantro Rice Lettuce & Tomato Fresh Apple
12 Pasta w/ Meatballs Green Beans Chilled Peaches or Fresh Banana	13 Chicken Lo Mein w/ Asian Slaw Chilled Pears or Fresh Orange	14 Pork W/ Green Chile Cilantro Lime Brown Rice Caesar Salad Chilled Mixed Fruit or Fresh Apple	15 Popcorn Chicken Mashed Potatoes w/ Gravy Baked Beans Chilled Applesauce or Fresh Orange	16 Chicken Burrito Pinto Beans Chilled Apricots or Fresh Apple
19 Chicken Parmesan w/ Pasta Capri Mixed Vegetables Chilled Peaches or Fresh Banana	20 Teriyaki Chicken w/ Steamed Rice Ginger Glazed Carrots Chilled Pears or Fresh Orange	21 Fish Tacos Cilantro Lime Rice Corn and Black Bean Salad Chilled Mixed Fruit or Fresh Apple	22 Chili Burger French Fries Baked Beans Chilled Applesauce or Fresh Orange	23 Nachos w/ Meat and/or Beans Cilantro Rice Lettuce & Tomato Fresh Apple
26 Baked Rotini Green Bean Salad Chilled Peaches or Fresh Banana	27 Orange Chicken w/ Asian Noodles Oriental Mixed Vegetables Chilled Pears or Fresh Apple	28 Turkey Guisado Pinto Beans Cilantro Lime Brown Rice Chilled Mixed Fruit or Fresh Apple	29 Open Face Turkey Sandwich, Mashed Potatoes w/ Gravy Peas and Carrots Chilled Applesauce Or Fresh Orange	30 Chicken Burrito Pinto Beans Chilled Apricots or Fresh Apple

Menu item is made w/ fresh locally grown produce

Menu item is Vegetarian Menu item is made w/ whole grain



Classic Cheese Pizza
Made w/ Reduced Fat Cheese Fresh Baked Daily
Pepperoni Pizza Tuesdays and Fridays
Made with Whole Grain Dough

Specials:

Monday Buffalo Chicken Flatbread
Tuesday Supreme Pizza
Wednesday Hawaiian Pizza
Thursday BBQ Chicken Pizza
Friday Broccoli Cheddar Stromboli



Lean Beef Burgers w/Cheese, Breaded Chicken Sandwiches, Spicy Chicken Sandwiches, and Bean w/Cheese Burritos Available Daily

Specials:

Mondays Turkey and Swiss Panini
Tuesdays Philly Cheesesteak
Wednesdays Jalapeno Bacon Cheeseburger
Thursdays Mozzarella and Pepperoni Panini
Fridays Fish Sandwich w/Tartar Sauce



Fresh Salads
Packaged for Grab N' Go

Specials:

Mondays BBQ Salad
Tuesdays Turkey Salad
Wednesdays Chicken Caesar Salad
Thursdays Fiesta Salad
Fridays Chicken Caesar Salad
Always available Chinese Chicken Salad
Served with breadstick

Any questions please call:
Director of Dining Services
LeeAnne Frame 661-222-1220 ext. 655

The U.S. Department of Agriculture (USDA) prohibits discrimination
Family status, parental status, religion, sexual orientation, genetic

A full student lunch includes choice of entrée, choice of fresh or chilled fruit, and/or side salad or vegetable side dish, and/or milk. Daily milk choices include 1% White and Non-Fat Chocolate
Student Lunch is \$3.00... Reduced Lunch is .40 cents... Adult Lunch is \$3.50... Chartwells is an equal opportunity employer