

Granby Jr. & Sr. High School Lunch Menu

June 2010

A full student lunch includes choice of entrée, two vegetable/fruit side dishes, and milk. Daily milk choices include skim white, 1% white, and 1% chocolate

Station	Monday	1 Tuesday	2 Wednesday	3 Thursday	4 Friday
<p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	<p><u>No School</u></p> <p><u>Memorial Day</u></p>	<p>ITALIAN PASTA BOWL: Saucy Italian Meatballs Red Marinara Sauce</p> <p>Curly Rotini Pasta w/ <i>Roma Herb Seasoning Blend</i> Tossed Salad w/ Light Dressing Toasted Whole Grain Garlic Bun</p>	<p>BRUNCH FOR LUNCH BOWL: Scrambled Eggs, Sausage Patty Baked Hash Brown Patty Fresh Orange Wedges (2) French Toast Sticks Warm Syrup</p>	<p>SOFT TACO BOWL: Spicy Chicken Taco Brown Rice Soft Flour Tortilla Wraps Shredded Lettuce Chopped Tomato Sour Cream</p> <p>Spicy Salsa Shredded Cheddar</p>	<p>Balanced Choice Meal </p> <p>CHICKEN PARM BOWL: Breaded Chicken Cutlet* Seasoned Pasta* Seasoned Mixed Veggies* Fresh Baked Breadstick Red Marinara Sauce* Shredded Part Skim Mozzarella</p>
<p>Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily</p>		<p>Salsa Chicken Wrap Baked Tortilla Chips</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>California Cheese Steak Tater Tots Fresh Romaine Lettuce & Tomato</p>	<p>Spicy Chicken Sandwich Fresh Iceberg Lettuce & Tomato</p> <p>Tossed Salad</p>	<p>Breaded Chicken Sandwich Cheese Burger Tossed Salad Fresh Iceberg Lettuce & Tomato</p>
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p>		<p>Veggie Lover's Pizza Cheese Pizza Fresh Homemade Vegetable Pasta Salad</p>	<p>Pepperoni Pizza Cheese Pizza Tossed Salad w/ Light Dressing</p>	<p>Cheese Steak Pizza Cheese Pizza Tossed Salad w/ Light Dressing</p>	<p><i>Neapolitan Pizza w/Fresh Tomatoes & Herbs</i> Cheese Pizza Carrot Sticks</p>
<p>Cold Sandwiches & Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Macaroni Salad</p>		<p>Panini Grilled Sandwiches</p> <p>Special: Monterey Ranch Chicken Salad w/ Toasted Flatbreads</p>	<p>Panini Grilled Sandwiches</p> <p>Special: <i>Turkey Salad w/Citrus Vinaigrette</i> Toasted Flatbreads</p>	<p>Panini Grilled Sandwiches</p> <p>Special: Chicken Caesar Salad w/ Fresh Made Biscuit</p>	<p>Panini Grilled Sandwiches</p> <p>Special: Fruit Yogurt Parfait w/ Granola Topping</p>
<p>Fresh Food Fast Packaged for Grab N' Go</p>	<p><u>No School</u></p> <p><u>Memorial Day</u></p>	<p><i>Curried Chicken Salad Sandwich</i></p> <p>Italian Hero</p>	<p>Turkey Bacon Club Wrap</p> <p>Italian Hero</p>	<p>Grilled Chicken Wrap w/ Lettuce and Tomato</p> <p>Italian Hero</p>	<p>Turkey w/ Tomato, Lettuce and Cranberry Mayo</p> <p>Italian Hero</p>
<p>Cold Fruit & Vegetable Bar Offered Daily. Take to complete your meal. Featuring fresh seasonal produce including local items as available</p>		<p>Fresh Homemade Vegetable Pasta Salad Fresh Apples Light Dressing</p>	<p>Chilled Pineapples Petite Banana Carrot Sticks</p>	<p>Tossed Salad w/ Light Dressing Fresh Apples Chilled Mixed Fruit Carrot Sticks</p>	<p>Sweet Corn Salad Carrot Sticks Pears Chilled Applesauce</p>



Menu item is made w/ whole grain

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Station	7 Monday	8 Tuesday	9 Wednesday	10 Thursday	11 Friday
Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	<p>MASHED POTATO BOWL:</p> <p>Breaded Popcorn Chicken</p> <p>Mashed Potatoes</p> <p>Chicken Gravy</p> <p>Sweet Corn</p> <p>Fresh Made Biscuit</p>	<p>SWEET AND SOUR BOWL:</p> <p>Sweet and Sour Chicken</p> <p>Steamed Rice</p> <p>Oriental Blend Veggies*</p> <p>Sweet and Sour Sauce</p> <p>Fortune Cookie</p>	<p>BBQ SANDWICH BOWL:</p> <p>Barbecue Pork on a Roll</p> <p>Baked Potato Wedges</p> <p>Corn on the Cob</p> <p>Fresh Apples</p> <p>Honey BBQ Sauce</p>	<p>CHEESE LASAGNA BOWL:</p> <p>Cheese Lasagna</p> <p>Red Marinara Sauce</p> <p><i>Roma Herb Seasoning Blend</i></p> <p>Tossed Salad w/ Light Dressing</p> <p>Toasted Whole Grain Garlic Bun</p>	<p>BUFFALO CHICKEN WRAP BOWL:</p> <p>Buffalo Chicken Wrap</p> <p>Lettuce & Tomato</p> <p>Whole Grain Corn Tortilla Chips</p> <p>Steamed Carrots</p> <p>Orange Wedges</p>
Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily	<p>Chicken Patty Sandwich</p> <p>Cheese Burgers</p> <p>Fresh Iceberg Lettuce & Tomato</p>	<p>California Cheese Steak</p> <p>Tater Tots</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Spicy Chicken Sandwich</p> <p>Cheese Burgers</p> <p>Fresh Iceberg Lettuce & Tomato</p>	<p>Salsa Chicken Wrap w/ Tortilla Chips</p> <p>Fresh Iceberg Lettuce & Tomato</p>	<p>Bacon Cheese Burger Whole Wheat Bun</p> <p>Whole Grain Corn Tortilla Chips</p> <p>Fresh Romaine Lettuce & Tomato</p>
Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily	<p>Pepperoni Pizza</p> <p>Cheese Pizza</p> <p>Tossed Salad w/ Light Dressing</p>	<p>Meat Lover's Pizza</p> <p>Cheese Calzone w/ Marinara sauce</p>	<p>Cheese Pizza</p> <p>Meat Lover's Pizza</p> <p>Tossed Salad w/ Light Dressing</p>	<p>Cheese Pizza</p> <p>Pepperoni Pizza</p> <p>Tossed Salad w/ Light Dressing</p>	<p><i>Neapolitan Pizza w/Fresh Tomatoes & Herbs</i></p> <p>Cheese Pizza</p>
Cold Sandwiches & Salads Made Fresh Your Way	<p>Panini Grilled Sandwiches</p> <p>Special: Grilled Chicken Salad w/ Whole Grain Pita Pocket</p>	<p>Panini Grilled Sandwiches</p> <p>Special: Crispy Chicken Salad w/ Bread Stick</p>	<p>Panini Grilled Sandwiches</p> <p>Special: Deli Chef Salad w/ Whole Wheat Dinner Roll</p>	<p>Panini Grilled Sandwiches</p> <p>Special: Beef Taco Salad w/ Whole Grain Tortilla Chips</p>	<p>Panini Grilled Sandwiches</p> <p>Special: Chunky Tuna Salad w/ Whole Grain Pita Pocket</p>
 <small>Fresh Food Fast-Packaged for Grab N' Go</small>	<p>Chicken Caesar Wrap*</p> <p>Italian Hero</p>	<p>Turkey Bacon Club Wrap</p> <p>Italian Hero</p>	<p>Honey Mustard Ham and Cheese Wrap</p> <p>Italian Hero</p>	<p>Santa Fe Turkey & Cheddar Wrap</p> <p>Italian Hero</p>	<p>Buffalo Chicken Wrap</p> <p>Italian Hero</p>
Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	<p>Tossed Salad w/ Light Dressing</p> <p>Chilled Applesauce</p> <p>Fresh Orange Wedges*</p>	<p>Green Goddess Pasta Salad*</p> <p>Fresh Apples</p> <p>Chilled Peaches*</p>	<p>Chilled Pineapples*</p> <p>Caesar Romaine Side Salad w/ Croutons</p> <p>Celery Sticks</p>	<p>Chilled Applesauce*</p> <p>Fresh Orange Wedges</p>	<p>Tossed Salad w/ Light Dressing</p> <p>Chilled Mixed Fruit</p>


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<p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	<p>STUFFED PASTA BOWL:</p> <p>Baked Stuffed Shells W/ Marinara Sauce and Melted Mozzarella Cheese <i>Roma Herb Seasoning Blend</i></p> <p>Italian Blend Vegetables <i>Herb Breadstick</i></p>	<p>BACKYARD BBQ BOWL:</p> <p>Barbecue Chicken</p> <p>Fresh Made Biscuit Pasta Salad</p> <p>Corn on Cob</p> <p>Watermelon</p> <p>Honey BBQ Sauce</p>	<p>MASHED POTATO BOWL:</p> <p>Breaded Popcorn Chicken</p> <p>Mashed Potatoes</p> <p>Chicken Gravy</p> <p>Sweet Corn</p> <p>Fresh Made Biscuit</p>	<p>LAST DAY OF LUNCH</p> <p>A Great Selection of your Favorites</p>	<p>½ Day no Lunch</p> <p>Have a safe and wonderful summer vacation. We will see you in September.</p>
<p>Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily</p>	<p>Hot Ham & Cheese Bagel</p> <p>Fresh Iceberg Lettuce & Tomato</p>	<p>Chicken Parm Wrap</p> <p>Baked Tortilla Chips</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Cheese Burger</p> <p>Tater Tots</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Chicken Patty Sandwich</p> <p>Cheese Burgers</p> <p>Fresh Iceberg Lettuce & Tomato</p>	
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese, and Whole Wheat Dough. Fresh Baked Daily</p>	<p>Pepperoni Pizza</p> <p>Cheese Pizza</p> <p>Tossed Salad w/ Light Dressing</p>	<p>Buffalo Chicken Pizza</p> <p>Cheese Pizza</p> <p>Tossed Salad w/ Light Dressing</p>	<p>Veggie Lover's Pizza</p> <p>Cheese Pizza</p> <p>Tossed Salad w/ Light Dressing</p>	<p>Selection of Pizzas Made w/ Reduced Fat Cheese, and Whole Wheat Dough.</p>	
<p>Cold Sandwiches & Salads Made Fresh Your Way</p>	<p>Panini Grilled Sandwiches</p> <p>Cold Sandwiches & Salads</p>	<p>Panini Grilled Sandwiches</p> <p>Cold Sandwiches & Salads</p>	<p>Panini Grilled Sandwiches</p> <p>Cold Sandwiches & Salads</p>	<p>Cold Sandwiches, Wraps & Salads</p>	<p>½ Day no Lunch</p> <p>Have a safe and wonderful summer vacation. We will see you in September.</p>
 <p>Fresh Food Fast Packaged for Grab N' Go</p>	<p>Cold Sandwiches, Wraps & Salads</p>	<p>Cold Sandwiches, Wraps & Salads</p>	<p>Cold Sandwiches, Wraps & Salads</p>	<p>Cold Sandwiches, Wraps & Salads</p>	
<p>Cold Fruit & Vegetable Bar Offered Daily. Take to complete your meal. Featuring fresh seasonal produce including local items as available</p>	<p>Cold Fruit & Vegetable Bar Offered Daily. Take to complete your meal. Featuring fresh seasonal produce including local items as available</p>	<p>Cold Fruit & Vegetable Bar Offered Daily. Take to complete your meal. Featuring fresh seasonal produce including local items as available</p>	<p>Cold Fruit & Vegetable Bar Offered Daily. Take to complete your meal. Featuring fresh seasonal produce including local items as available</p>	<p>Cold Fruit & Vegetable Bar Offered Daily. Take to complete your meal. Featuring fresh seasonal produce including local items as available</p>	

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