

# Secondary School Menu

## December 8 - 12

December 8 - 12				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Choose 1 Entrée</b>				
BBQ Riblet Baked Chicken Drumsticks H&C Spinach Wrap	WG Cheese Pizza Cheeseburger on WG Bun Lean Turkey Salad	Turkey Sausage* Cheese Omelet* T&C Tomato Wrap	Hamburger on WG Bun Ham & Cheese on WW Diced Chicken Salad	WG Baked LF Chicken Corn Dog Meatball Sub Lean Ham Salad
<b>Choose 2 - 5 Sides Items</b>				
Broccoli Applesauce / Fruited Jell-O Whole Wheat Roll Milk	Fresh Carrots & Celery w/FF Dip Chilled Pears Fruited Jell-O Milk	*Blueberry Waffle Baked Tater Tots Banana Milk	Oven Baked Potato Wedges Fruit Cup / Fruited Jell-O Ice Cream Milk	Garden Side Salad Chilled Peaches Cinnamon Toast Milk

## December 15 - 19

December 15 - 19				
<b>Choose 1 Entrée</b>				
Popcorn Chicken Beef Frank on a WG Bun Lean Turkey Salad	WG Pepperoni Pizza Grilled Lean T&C on WW Diced Chicken Salad	Baked Nachos Chips w/ Taco Meat Soft Taco w/ Cheese T&C Tomato Wrap	Spaghetti w/ Meat Sauce Chef Salad H&C Spinach Wrap	Baked Chicken Fries Baked Baja Fish Sticks Lean Ham Salad
<b>Choose 2 - 5 Sides Items</b>				
Baked Beans Banana Garden Side Salad Fruited Jell-O Milk	Seasoned Corn Fresh Fruit Cup Garden Side Salad Fruited Jell-O Milk	Carrots, Broccoli & Cauliflower Chilled Pears RF, WG Blueberry Muffin Fruited Jell-O Milk	Green Beans Chilled Fruit Cocktail Garlic Toast Fruited Jell-O Milk	Pasta Salad Cucumber & Carrots Sticks Orange Dolphin Crackers Milk

## Happy New Year! 2009

## January 5 - 9

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<b>Choose 1 Entrée</b>				
Orange Ginger Chicken w/ Veggies Teriyaki Chicken Dippers Chef Salad	WG Cheese Pizza Baked Chicken Tenders w/ Roll Turkey Tomato Wrap	Chicken Alfredo w/ Pasta H&C Spinach Wrap Lean Turkey Salad	Baked Cheese Pizza Dippers Yogurt & 1/2 Grilled Cheese on WW Lean Ham Salad	Popcorn Chicken Chef Salad Diced Chicken Salad
<b>Choose 2 - 5 Sides Items</b>				
Chicken Rice Steamed Broccoli & Carrots Chilled Pineapples Fruited Jell-O Milk	Green Beans Garden Side Salad Chilled Peaches Fruited Jell-O Milk	Cauliflower & Carrots Chilled Pears Cinnamon Toast Fruited Jell-O Milk	Fresh Carrots Sticks w/ FF Dip Apple Goldfish Pretzels Fruited Jell-O Milk	Mac & Cheese Garden Side Salad Bread Stick Fruit Cup / Fruited Jell-O Milk

**WW=Whole Wheat; WG=Whole Grain; FF=Fat Free; RF=Reduced Fat; LF=Low Fat; H&C=Ham & Cheese; T&C=Turkey & Cheese**

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\*A student can always order a salad vs. the Entrée

\*\*Offer vs. Serve

