

Student Lunch Price \$2.80
Reduced Lunch Price \$0.25
Adult Lunch Price \$3.55



Have you ever been golfing? It may have a bad rep. to some, but it is actually pretty fun and enjoyable! You don't have to wear pink pants to golf, just borrow some clubs from a parent or friend and start hitting those golf balls. For beginners, it can be challenging just to hit the ball. Remember, the more you practice, more accurate your swing will be.

North Salem HS/MS MENU

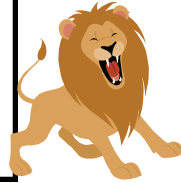
MARCH 2010

DID YOU KNOW

All our Milk & Chicken Products are Antibiotic and Hormone free!
 Breads & Bread Products are 100% Whole Grain and contain No High Fructose Corn Syrup or Hydrogenated Oils!
 We Serve a 100% all Natural Yogurt, with No Artificial Ingredients.
 We serve 100% all whole wheat pasta products.
 We serve fresh fruit and vegetables everyday.

MARCH

is
NATIONAL NUTRITIONAL MONTH
 Start each day off with breakfast!



Entrees Offered Daily
Student Lunch Price \$2.80
Reduced Lunch Price \$0.25
 All lunch's include fresh fruit & milk selection



Fresh Pizza Offered Daily
 All Pizza made with Whole Wheat Dough & Low-fat, Part-Skim Cheese
Student Lunch Price \$2.80
Reduced Lunch Price \$0.25
 All lunch's include fresh fruit & milk selection



Made to Order Deli with Premium Boars Head Meats
Student Lunch Price \$3.80
Reduced Lunch Price \$2.55
 All lunch's include fresh fruit & milk selection



Ham, Turkey, Salami, Bologna, Roast Beef
 American, Swiss, & Provolone Cheese,
 Lettuce, Tomato, Pickles, Assorted Breads, Rolls and Wraps

Ruby's Grill: Chicken Patties & All Beef Burgers
Student Lunch Price 2.80
Reduced Lunch Price \$0.25
 All lunch's include fresh fruit & milk selection



**If you speak to cooked*

*have a food allergy, please the manager or your server. *Consuming raw or undermeat, poultry, seafood, shell-*

Monday	Tuesday	Wednesday	Thursday	Friday
1 <u>Ham & Cheese Calzone</u> Fresh pizza dough filled with ham, ricotta parmesan & mozzarella cheeses <u>Pizza</u>	2 <u>Chicken Burrito</u> Seasoned Chicken in a fresh flour tortilla with cheese & salsa spanish rice <u>Pizza</u>	3 <u>Homemade Meatloaf</u> Meatloaf seasoned perfectly with mashed potatoes & gravy green beans <u>Pizza</u>	4 <u>Beef Stew</u> Tender beef tips simmered in gravy with carrots & potatoes <u>Pizza</u>	5 <u>Baked Ziti</u> Tender Ziti macaroni in a zesty marinara sauce, topped with mozzarella cheese <u>Pizza</u>
8 <u>Nachos Grande</u> Crumble taco meat Over crispy shells lettuce & cheese served w/ salsa <u>Pizza</u>	9 <u>National Hot Turkey Sandwich</u> Oven roasted turkey On slice of bread mashed potatoes gravy & sweet corn <u>Pizza</u>	10 <u>Breakfast Bacon Egg & Cheese Sandwich</u> Fluffy Eggs & Cheese bacon (optional) on whole wheat roll oven tator tots <u>Pizza</u>	11 <u>Week Cheddar Burgers</u> All beef patty with melted cheddar sauce on whole wheat bun <u>Pizza</u>	12 <u>Brunch for Lunch</u> French Toast with Slice of Ham warm syrup & Fruit <u>Pizza</u>
15 <u>Chicken Fingers</u> All white meat chicken Served with BBQ sauce crinkle cut fries mixed Vegetables <u>Pizza</u>	16 <u>Sloppy Joe</u> Lean ground beef simmered in zesty tomato sauce on a soft whole wheat roll with winter vegetable mix <u>Pizza</u>	17 <u>Scalloped Potatoes And Ham</u> Thinly sliced ham layered in potatoes topped with a creamy sauce mixed vegetables <u>Pizza</u>	18 <u>Hot Dogs</u> All beef hot dogs Served on a whole wheat bun choice of sauerkraut & cheese california style vegetables <u>Pizza</u>	19 <u>Marinated Chicken Breast Sandwich</u> Tender all white meat ina tangy garlic sauce served on a bed of fluffy rice tossed salad <u>Pizza</u>
22 <u>Burger Bar</u> Choice of All beef , turkey, or vegetable burger & crinkle cut french fries <u>Pizza</u>	23 <u>Pasta Primavera</u> Whole wheat rotini pasta in a garlic sauce tossed with Italian vegetables tossed salad <u>Pizza</u>	24 <u>Chili Bread Bowls</u> Tender seasoned homemade chili in a whole wheat bread bowl topped with cheddar cheese tossed Salad Greens <u>Pizza</u>	25 <u>Turkey Parmesan</u> Breaded Turkey Cutlet in a rich homemade marinara sauce crinkle cut carrots <u>Pizza</u>	26 NO STUDENTS Staff Development Day
30 		31 MARCH RECESS NO SCHOOL		