

Margaretta Middle/High School 2011-2012 MENU • www.margaretta.k12.oh.us

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------|--|---|--|--|--|
| MENU #1 | Cheeseburger/Bun or Chicken Salad Sandwich or **Meatball Sub California Mixed Vegetables Chilled Pears | All American Bowl Tyson Popcorn Chicken w/Dinner Roll or Chicken Salad Sandwich or **Turkey Chipotle Wrap Mashed Potatoes Whole Kernel Corn Chilled Fruit Choice | Slice of Pizza or Peanut butter/Jelly Uncrustable/ String Cheese or **Chicken Parmesan Sandwich Romaine & Spinach Salad Chilled Fruit | Chili/Chips/Cheese or Turkey Breast Sandwich or **Mini Sub Sandwich Fresh Vegetable Relishes w/Baby Carrots or Black Bean Salad Cinnamon Applesauce or Fresh apple | Breakfast for Lunch French Toast Sticks/Syrup Sausage Patties/Links or Hot Dog/Bun or Assorted Sandwiches Hash brown Potato Fresh Banana or Orange Juice Cup |
| | Alternate This Week: Chef's Salad w/Pepperoni | | | | 1/2 Pint of Milk Served Daily |

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| MENU #2 | Chicken Pattie Sandwich on Bun or Spicy Chicken Sandwich or Turkey Breast Sandwich Calico Beans Chilled Orange Wedges | Toasted Cheese Sandwich on Wheat or Stacked Turkey & Swiss Sandwich or **B.B.Q Pork Sandwich Seasoned Green Beans or Oven Potatoes Chilled Peaches & Baked snack Winter Months: Campbell Tomato Soup with Oyster Crackers instead of Baked Snack | Cheese Stuffed Pizza or Egg Salad Sandwich or Walking Taco w/Salsa Fresh Celery & Carrot Relishes Chilled Pears Peanut Butter Bar | Pasta Bowl Rotini Pasta Marinara Sauce w/Meatballs or Egg Salad Sandwich Leafy Green Lettuce Salad Banana | Sub Bar: 6" Sub Bun, Turkey Ham, Smoked Turkey w/Lettuce & Cheese and Assorted Toppings & Dressings or Assorted Sandwiches Glazed Carrots Chilled Applesauce |
| | Alternate This Week: Chicken Caesar Salad | | | | 1/2 Pint of Milk Served Daily |

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| MENU #3 | Chicken Tenders or Hot & Spicy Chicken Tenders or Bologna/Lettuce Sandwich Mashed Potatoes & Gravy Fresh Carrots Chilled Fruit Choice | Double Dog Day Buy One Dog, Second Dog .50 Hotdog/on Whole Grain Bun or **Philly Steak Sandwich or Stacked Turkey/Swiss Sandwich Baked Beans Fruit Choice Snack Pak Pretzels | Stuffed Crust Pizza or **Fiesta or Southwestern Pizza or Stacked Turkey/Swiss Sandwich Broccoli Salad Fruit Sherbet cup or Whole Fruit Cup or Fruit Choice | Macaroni & Cheese w/Chicken Nuggets or **Turkey Chipotle Wrap Green Beans Banana | Bosco Sticks w/Dipping Sauce or Assorted Sandwiches Romaine Tossed Salad Fresh Fruit in Season |
| | Alternate This Week: Taco Salad | | | | 1/2 Pint of Milk Served Daily |

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| MENU #4 | <u>Rice Bowl</u> Popcorn Chicken w/General Tso Sauce on Brown Rice or Tuna Salad Sandwich or **Veal Parmesan Sandwich Sweet Peas Chilled Fruit Fortune Cookie | Corn dog or Mini Corndogs or Pizza Burger/Bun or Tuna Salad Sandwich Oven Potatoes Fresh Fruit in Season | Pepperoni Pizza or **Chicken Sub or Hot Dog/Bun Grape Tomatoes & Carrot Relishes Chilled Peaches | Spaghetti w/School Made Meat Sauce & Garlic Bread or **Turkey/Lettuce Ranch Wrap Romaine & Spinach Salad Chilled Applesauce | Chicken or Cheese Quesadilla or Assorted Sandwiches w/Black Bean Pico Sauce Or Refried Beans Carrot Fingers Chilled Fruit |
| | Alternate This Week: Chicken Chef's Salad | | | | 1/2 Pint of Milk Served Daily |

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| MENU #5 | <u>Polar Bear Special</u> Charbroiled Beef Patty on Bun Cheese Slice & Dill Pickles or Chicken Pattie Sandwich or PBJ Sandwich w/Cheese Snack Whole Kernel Corn or Oven Fries Fruit Choice School Made Cookie | Grilled Chicken on Bun or **Baked Potato w/Chili & Roll Broccoli w/Cheese Sauce Fresh Orange Wedges | Double Stuffed Pizza or **Rueben or Rye Sandwich or Stacked Ham Sandwich Romaine Tossed Salad Chilled Mandarin Oranges, Pineapple & Mangos | Hamburger Gravy or Turkey & Gravy over Mashed Potatoes Whole Wheat Soft Pretzel or Roll or **Crispy Chicken Wrap or Hot Turkey Sandwich Carrot Relishes Strawberries & Bananas | <u>Burrito Bar</u> Beef or Chicken Rice or Assorted Sandwiches Black Beans Lettuce & Tomato Chilled Fruit |
| | Alternate This Week: Ham Chef's Salad | | | | 1/2 Pint of Milk Served Daily |



Prices
Regular Lunch \$2.75
** Premium Lunch \$3.00
Reduced \$.40

Breakfast \$1.40
Reduced \$.30

| | BREAKFAST MENU • 2 week cycle | |
|------------------|--|--|
| | Pink Menu Served Weeks 1, 3 & 5 | Yellow Menu Served Weeks 2 & 4 |
| MONDAY | Cereal Choice Graham Crackers 100% Fruit Juices or Yogurt Parfait | Cereal Choice Graham Snack or Pancake Sausage Wrap 100% Fruit Juices |
| TUESDAY | Cereal Choice Breakfast snack or Funnel Cake 100% Fruit Juices | Cereal Choice Breakfast Snack or Warm Apple Muffin Loaf 100% Fruit Juices or Fruit |
| WEDNESDAY | Cereal Choice Breakfast Snack or Twirl Hot Cinnamon Roll Fresh Fruit Choice | Cereal Choice Gripz Grahams or Twirl Hot Cinnamon Roll 100% Fruit Juice Cup |
| THURSDAY | Cereal Choice Whole Wheat Pop Tart Fruit Cup | Cereal Choice Breakfast Snack or Ultimate Breakfast Round Fresh Fruit Choice |
| FRIDAY | Cereal Choice Graham Snack or Breakfast Pizza 100% Fruit Juice or Fruit Choice | Cereal Choice Granola Bar or Elf Graham Snack or Cheese Omelet or Egg/Cheese Sandwich Fruit Cup |
| | 1/2 Pint of Milk Served Daily | |

We are a Team Nutrition School.

- Parents are encouraged to prepay for student's school meals using available on the school's web site www.margaretta.k12.oh.us or by check.
- Free and Reduced-price applications are available at the school office or online at www.margaretta.k12.oh.us.
- A choice of low fat white and flavored milk is offered with each school meal.
- Menu is subject to change without notice.

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What's for Lunch today? Follow the color coded calendar to our 5 week cycle menu

| AUGUST 2011 | SEPTEMBER 2011 | OCTOBER 2011 | NOVEMBER 2011 | DECEMBER 2011 | JANUARY 2012 | FEBRUARY 2012 | MARCH 2012 | APRIL 2012 | MAY 2012 | JUNE 2012 |
|------------------------------|---------------------------------|--------------------------------|-----------------------------------|---------------------------------|-------------------------------------|----------------------------------|---------------------------------|-------------------------------------|-----------------------------------|--------------------------------|
| S M T W T F S 1 2 3 4 5 6 | S M T W T F S 4 5 6 7 8 9 10 | S M T W T F S 2 3 4 5 6 7 8 | S M T W T F S 6 7 8 9 10 11 12 | S M T W T F S 4 5 6 7 8 9 10 | S M T W T F S 8 9 10 11 12 13 14 | S M T W T F S 5 6 7 8 9 10 11 | S M T W T F S 4 5 6 7 8 9 10 | S M T W T F S 8 9 10 11 12 13 14 | S M T W T F S 6 7 8 9 10 11 12 | S M T W T F S 3 4 5 6 7 8 9 |
| 12 13 14 15 16 17 | 11 12 13 14 15 16 17 | 9 10 11 12 13 14 15 | 13 14 15 16 17 18 19 | 11 12 13 14 15 16 17 | 15 16 17 18 19 20 21 | 12 13 14 15 16 17 18 | 11 12 13 14 15 16 17 | 15 16 17 18 19 20 21 | 13 14 15 16 17 18 19 | 10 11 12 13 14 15 16 |
| 21 22 23 24 25 26 27 | 18 19 20 21 22 23 24 | 23 24 25 26 27 28 29 | 20 21 22 23 24 25 26 | 18 19 20 21 22 23 24 | 22 23 24 25 26 27 28 | 19 20 21 22 23 24 25 | 18 19 20 21 22 23 24 | 22 23 24 25 26 27 28 | 20 21 22 23 24 25 26 | 17 18 19 20 21 22 23 |
| 28 29 30 31 | 25 26 27 28 29 30 | 30 31 | 27 28 29 30 | 25 26 27 28 29 30 31 | 29 30 31 | 26 27 28 29 | 25 26 27 28 29 30 31 | 29 30 | 27 28 29 30 31 | 24 25 26 27 28 29 30 |