

May 2010



Scotia-Glenville High School Middle School Lunch Menu

Monday Cheese or Pepperoni	Tuesday Cheese	Wednesday Cheese or Grilled Chicken	Thursday Cheese or Taco Pizza	Friday Cheese or Pepperoni
3 Italian Dunkers with Cheese and Marinara sauce Green Beans or Tossed Salad w/ Dressing Chilled or Fresh Fruit Milk	4 Beef Nachos w/ Cheese Sauce Salsa Rice Tossed salad w/ Lite Dressing or Green Beans, Fresh or Chilled Fruit Milk	5 Grilled Chicken & Lite-Cheddar Quesadilla. Brown Rice Tossed Salad w/ Lite Dressing or Corn Fresh or Chilled Fruit Milk	6 Stuffed Crust Pizza Dippers with Tomato Sauce Mixed Vegetables or Carrot Sticks Chilled or Fresh Fruit Milk	7 Pulled Pork BBQ on a Bun or Cheeseburger on a Bun Oven Fries or Peas Fresh or Chilled Fruit Milk
10 Cheeseburger Wrap on a Flour Tortilla Brown Rice Green Beans Fresh or Chilled Fruit Milk	11 Boneless BBQ Pork Rib on a Bun or Stuffed Crust Pizza Dippers Baked Beans Seasoned Corn Fresh or Chilled Fruit Milk	12 Balanced Choices Meal: Whole Grained Chicken Patty on a Bun, Baked Potato or Corn Fresh or Chilled Mixed Fruit Milk	13 Oven Baked Mozzarella Sticks w/ Tomato Sauce Tossed Salad w/ Lite Dressing or Green Beans Fresh or Chilled Fruit Milk	14 Balanced Choices Meal: Baked, Breaded Chicken Parmesan Wrap Whole Grained Pasta Corn, Fresh Apple, Low Fat Milk
17 Oven Baked Breaded Chicken Fingers w/ Dipping Sauce, Brown Rice, Mashed Potatoes or Tossed Salad Fresh Fruit or Chilled Applesauce Milk	18 2 Hot Dogs on a Bun with Spicy Chili or Cheese Sauce. Mustard and Relish Oven Baked Fries, Fresh or Chilled Fruit Milk	19 Oven Baked Mozzarella Sticks w/ Tomato Sauce Tossed Salad w/ Lite Dressing or Green Beans Fresh or Chilled Fruit Milk	20 Italian Dunkers with Part-skim Mozzarella Cheese and Tomato Sauce Green Beans or Tossed Salad w/ Dressing Chilled or Fresh Fruit Milk	21 STAFF DEVELOPMENT HALF DAY FOR GRADES 6-12 JUNIOR/SENIOR PROM
26 Oven Baked Mozzarella Sticks w/ Tomato Sauce Tossed Salad w/ Lite Dressing or Green Beans Fresh or Chilled Fruit Milk	27 Spicy Beef Nachos with Cheese Sauce Seasoned Corn or Seasoned Brown Rice Fresh Fruit or Chilled Applesauce Milk	28 Meatball Parmesan Wrap with Tomato Sauce & Part Skim Mozzarella Cheese Green Beans or Carrot Sticks Fresh Fruit or Chilled Applesauce Milk	29 Mozzarella Cheese Stuffed Crust Pizza Dippers w/ Tomato Sauce, Tossed Salad w/ lite Dressing or Green Beans, Fresh or Chilled Fruit Milk	30 Baked Breaded Popcorn Chicken w/ Dipping Sauce, Corn Bread, Oven Baked Fries or Green Beans Fresh Fruit or Chilled Peaches Milk
31 MEMORIAL DAY NO SCHOOL	ALL MENUS ARE SUBJECT TO CHANGE	PLEASE MAKE ALL CHECKS PAYABLE TO SCOTIA GLENVILLE SCHOOL DISTRICT	We use Light Italian Dressing, Part-Skim Mozzarella, Low fat Cheddar, Low Sodium Tomato Sauce and Vegetables, Fruits are packed in Light Syrup.	Concerns, questions, or comments Contact Food Services 382-1259

Lunch Prices:

Student \$1.80
 Adult \$3.10
 Milk: .40
 1%, Skim,
 2%, Chocolate
 100 % Juice .40
 Baked Chips \$.75
 Rice Krispie Squares. \$1.00
 Granola bars \$1.00

Balanced Choices Meal: Available Daily.

Chicken Caesar Wrap: Mixed Greens Sliced Grilled Chicken and Caesar Dressing in a Flour Tortilla.
 Tuna Salad Wrap: Fresh Tuna Salad w/ Shredded Romaine and Sliced Tomatoes on a Flour Tortilla.
 Buffalo Chicken Wrap:
 Breaded Whole Grain Breaded Chicken with Shredded Lettuce and Spicy Buffalo Sauce on a Four Tortilla.
 Cold Fresh Fruit, Tossed Salad & Low fat Milk.

Rotating Specialties:

Cheese Pizza
 Specialty Pizzas
 Pepperoni Pizza
 Cheese Burgers
 Chicken Patties
 Buffalo Chicken
 Salads or Wraps
 Fresh Deli
 Sandwiches made to order. Grilled or Breaded Chicken Available Daily