

MIDDLETOWN HIGH SCHOOL – Lunch Menu* [Web:www.middletownschoools.org/cafe](http://www.middletownschoools.org/cafe)

Week of: March 8th – March 12th

All items may be bought A La Carte. The **BEST BUY** is to purchase a complete meal for \$2.75. Adult price is \$3.75.

Combine Fruit / Vegetables and Milk with any entrée for a well balanced meal.

Menu Subject to Change

	MONDAY 03/08/10	TUESDAY 03/09/10	WEDNESDAY 03/10/10	THURSDAY 03/11/10	FRIDAY 03/12/10
Theme Station	Crispy Orange Chicken Over White Rice w/Oriental Vegetable Chinese Noodles	Vegetable Chili Stuffed Burrito w/Cheddar Cheese Orange Rice Pilaf Refried Beans	Oven Roasted Turkey Mashed Potatoes Bread Stuffing, Gravy Cranberry Sauce Wheat Dinner Roll	<i>Taco Salad</i> Taco Shell filled w/ Seasoned Ground Beef L&T, Shred. Cheddar Mexican Rice, Corn	Fish Sticks w/ Tarter Sauce Side of Mac & Cheese Cole Slaw Corn Bread
Dragon Grill Star Feature See Grill Station for daily items	Steak & Cheese Pocket See Grill Station for daily items	Teriyaki Chicken w/ Provolone on an Onion Roll See Grill Station for daily items	Bacon Cheeseburger On a Wheat Roll See Grill Station for daily items	Chicken Patty w/Swiss L&T w/Ranch Dress. Kaiser Roll See Grill Station for daily items	Jamaican Beef Patty See Grill Station for daily items
Sandwich Central See Deli Station for daily items	Deli To Order See Deli Station for daily items	Deli To Order See Deli Station for daily items	Deli To Order See Deli Station for daily items	Deli To Order See Deli Station for daily items	Deli To Order See Deli Station for daily items
Italian Station	Meatball Grinder w/Onion & Peppers Provolone Cheese Cucumber Salad	Lemon Chicken over Egg Noodles Caesar Salad Wheat Dinner Roll	Stuffed Shells w/ Marinara Sauce Broccoli Slaw French Dinner Roll	Ziti with Meat Sauce Garden Salad Cheesy Garlic Flatbread	Mozzarella Sticks Side Marinara Sauce Garlic Bread Stick Carrot Slaw
Pizza Works Star Feature See Pizza Station for daily items	Green & Red Peppers See Pizza Station for daily items	Sausage See Pizza Station for daily items	Buffalo Chicken See Pizza Station for daily items	Hamburger & Onion See Pizza Station for daily items	Wheat Pizza w/Garlic Chicken & Spinach See Pizza Station for daily items
Grab 'n Go Entrée Salads Sandwiches/Wraps	Grab 'n Go Entrée Salads Sandwiches/Wraps	Grab 'n Go Entrée Salads Sandwiches/Wraps	Grab 'n Go Entrée Salads Sandwiches/Wraps	Grab 'n Go Entrée Salads Sandwiches/Wraps	Grab 'n Go Entrée Salads Sandwiches/Wraps

Choose One of the Daily Milk Choices: 2 % White, Skim, 1% Low fat Chocolate, 1% Low fat Strawberry, Lactaid

* This menu is in full compliance with and meets all USDA regulations on school menu initiatives for healthy children.