

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

Week of: February 6<sup>th</sup> – February 10<sup>th</sup>

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 02/06/12	TUESDAY 02/07/12	WEDNESDAY 02/08/12	THURSDAY 02/09/12	FRIDAY 02/10/12
<b>Theme Station</b>	Buffalo Popcorn Chicken Rice Pilaf Steamed Broccoli Wheat Dinner Roll	Swedish Meatballs Over Egg Noodles Sweet Peas French Dinner Roll	<i>Nacho Grande</i> Seasoned Ground Beef, Shredded Cheddar, L&T, Mexican Rice Kernel Corn	BBQ Baked Chicken Mac & Cheese Baked Beans Wheat Dinner Roll	Homemade Chicken Pot Pie Mixed Vegetables Herb Bread Stick
<b>Dragon Grill Star Feature</b>  <i>See Grill Station for daily items</i>	Jamaican Beef Patty  <i>See Grill Station for daily items</i>	Chicken Cordon Bleu On Kaiser Roll  <i>See Grill Station for daily items</i>	Beef & Bean Burrito  <i>See Grill Station for daily items</i>	Grilled Cheese & Tomato on Wheat Bread  <i>See Grill Station for daily items</i>	Cajun Cheeseburger On a Wheat Roll  <i>See Grill Station for daily items</i>
<b>Sandwich Central</b> <i>See Deli Station for daily items</i>	Deli to Order  <i>See Deli Station for daily items</i>	Deli to Order  <i>See Deli Station for daily items</i>	Deli to Order  <i>See Deli Station for daily items</i>	Deli to Order  <i>See Deli Station for daily items</i>	Deli to Order  <i>See Deli Station for daily items</i>
<b>Italian Station</b>	Stuffed Shells with Marinara Sauce Three Bean Salad French Dinner Roll	Ziti w/Meat Sauce Caesar Salad Herb Bread Stick	Mozzarella Sticks Marinara Sauce, Cucumber Salad Garlic Bread Stick	Cheese Ravioli w/ Alfredo Sauce Tomato & Mozz Salad Herb Bread Stick	Sausage, Potatoes & Peppers Garden Salad Cheesy Flatbread
<b>Pizza Works Star Feature</b> <i>See Pizza Station for daily items</i>	Sweet & Sour Chicken <i>See Pizza Station for daily items</i>	Steak Pizziola  <i>See Pizza Station for daily items</i>	Sausage & Onion  <i>See Pizza Station for daily items</i>	Hamburg & Sweet Peppers <i>See Pizza Station for daily items</i>	Tomato & Oregano  <i>See Pizza Station for daily items</i>
<b>Grab 'n Go Entrée Salads Sandwiches/Wraps</b>	<b>Grab 'n Go Entrée Salads Sandwiches/Wraps</b>	<b>Grab 'n Go Entrée Salads Sandwiches/Wraps</b>	<b>Grab 'n Go Entrée Salads Sandwiches/Wraps</b>	<b>Grab 'n Go Entrée Salads Sandwiches/Wraps</b>	<b>Grab 'n Go Entrée Salads Sandwiches/Wraps</b>

Choose One of the Daily Milk Choices: 1 % White, Skim, ½ % Low Fat Chocolate, 1% Low Fat Strawberry, Lactaid, Soy

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