

PEN ARGYL AREA SCHOOL DISTRICT PEN ARGYL HIGH SCHOOL FEBRUARY 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1 EARLY DISMISSAL FRENCH TOAST STICKS W/ SYRUP SAUSAGE PATTY HASH BROWN	2  BAKED ZITI MIXED VEGETABLES SALAD POTATO ROUNDS APPLESAUCE LOW FAT MILK CHOICE	3  CHICKEN FAJITA FIESTA RICE SALSA PEAS OVEN FRIES PEACHES LOW FAT MILK CHOICE	4 MEATBALL STROMBOLI GREEN BEANS BAKED POTATO WEDGES	5 BREADED CHICKEN STRIPS W/ DIPPING SAUCES DINNER ROLL STEAMED CARROTS WHIPPED POTATOES W/ GRAVY
8 NACHOS W/ MEXICAN MEAT & CHEESE SAUCE SLICE OF WHEAT BREAD SALAD POTATO ROUNDS	9  SWEET & SOUR CHICKEN WHITE RICE BROCCOLI OVEN FRIES ORANGE LOW FAT MILK CHOICE	10  PASTA W/ ITALIAN MEAT SAUCE DINNER ROLL PEAS & CARROTS HASH BROWN APPLESAUCE LOW FAT MILK CHOICE	11 HOT HAM & CHEESE ON A BAGEL CORN WHIPPED POTATOES W/ GRAVY	12 BAJA FLATS BUILD A BURGER GARDEN SALAD W/ ASST. DRESSINGS HASH BROWN <i>SWEETHEART</i> CHOCOLATE PUDDING
15 No School PRESIDENT'S DAY	16  CHICKEN ENCHILADA WHITE RICE CORN ASST. POTATOES FRESH APPLE LOW FAT MILK CHOICE	17 MACARONI & CHEESE ITALIAN BREAD STEWED TOMATOES OVEN FRIES	18  SPAGHETTI W/ MEATBALLS SLICE OF BREAD* TOSSED SALAD W/ LIGHT DRESSING POTATO ROUNDS ORANGE LOW FAT MILK CHOICE	19 BREADED FISH ON A BUN BROCCOLI WHIPPED POTATOES W/ GRAVY
22  CHICKEN FAJITA FIESTA RICE SALSA PEAS HASH BROWN PEACHES LOW FAT MILK CHOICE	23  TACO PIE DINNER ROLL MIXED VEGETABLES POTATO ROUNDS WARM BAKED APPLE SLICES LOW FAT MILK CHOICE	24 2 PULLED TURKEY & BBQ IN 2 BUNS STEAMED CARROTS OVEN FRIES	25 BREADED PORK CHOPETTE ON A BUN* CORN WHIPPED POTATOES W/ GRAVY	26 3-D GRILLED CHEESE SANDWICH TOMATO SOUP ASSORTED POTATOES
LUNCH PRICES FULL PRICE \$2.10 REDUCED PRICE \$.40 MILK - \$.50	MENU SUBJECT TO CHANGE	SEE NUTRITIONAL MESSAGE ON BACK		

Available Daily

"Fresh Grille" - Choice of Hamburger, Cheeseburger, Chicken Patty or Daily Special Hot Sandwich

"Trattoria" - Fresh Baked Pizza - Plain, Pepperoni PLUS Daily Special

"Sandwich Central" - Choice of Assorted Sandwiches

"Wild Greens" - Pre Packaged Salads

BALANCED CHOICE MEALS – CHARTWELLS SIGNATURE BALANCED CHOICE MEALS SUPPLY SUFFICIENT NUTRIENTS STUDENTS NEED TO GROW AND LEARN (CALORIES, PROTEIN, KEY VITAMINS AND MINERALS AND FIBER) WHILE BEING LOWER IN FAT, SATURATED FAT, CHOLESTEROL AND SODIUM.
FULL STUDENT LUNCH INCLUDES CHOICE OF ENTRÉE INCLUDING MEAT OR MEAT SUBSTITUTE & BREAD/GRAIN ACCOMPANIMENT(S)

**FOUR (4) VEGETABLE/FRUIT OFFERINGS AND CHOICE OF LOW FAT MILK.
MILK CHOICES INCLUDE SKIM & 1% WHITE, 1% CHOCOLATE, AND 1% STRAWBERRY.**