



# JANUARY 2012

## Sandwich School District #430

### High School – Lunch Menu

#### Carbohydrate Counts

Lunch \$2.60  
 Reduced price  
 Lunch 40¢  
 Milk 60¢



#### Specialty Bar

Monday: Hot Dog Bar  
 Tuesday: Pasta Bar  
 Wednesday: Potato Bar  
 Thursday: Nacho/Taco Bar  
 Friday: Specialty Bar

#### Offered Daily:

Fresh Salads & Wraps  
 Made To Order  
 Deli Sandwiches  
 & MORE!

**Questions about the menu?**

Call  
815-786-8881

A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
White Milk 11G Chocolate Milk 24G Strawberry Milk 22G	3 Toasted Cheese Sandwich-28G Tomato Soup-19G Diced Pears-14G	4 <u>National Spaghetti Day</u> Spaghetti w/Meat Sauce-35G & Garlic Bread-21G Tossed Garden Salad w/dressing-4G Diced Peaches-17G	5 Chicken Nuggets-14G Whole Grain Roll-20G Whipped Potatoes-13G Steamed Carrots-8G	6 Uno's Pizza-34G Green Beans-4G Chilled Applesauce-11G
9 French Toast Sticks-27G w/Syrup-19G & Egg Patty-11G Potato Rounds-19G Fresh Orange Smiles-11G	10 Jumbo Corn Dog-27G Whole grain roll-20G Garden Peas-10G Chilled Applesauce-11G	11 Chicken Parmesan Sandwich-44G Golden Corn-16G Mixed Fruit-14G	12 Sloppy Joe on a Bun-30G Seasoned Green Beans-4G Diced Pears-14G	13 Pizza Dippers-32G w/Marinara Sauce-7G Tossed Garden Salad w/dressing-4G Glazed Carrots-14G
16 Nachos Supreme-42G w/taco meat & shredded cheese Shredded Lettuce-1G Golden Corn-16G	17 <u>Meatball Sub</u> -38G w/red sauce and mozzarella Tossed Garden Salad w/dressing-4G Strawberry Waffle Grahams-18G Chilled Applesauce 23G	18 <u>Breaded *Pork Sandwich</u> -40 <u>Mashed Potatoes</u> -13G <u>Fruited Gelatin</u> -17G	19 <u>National Popcorn Day</u> <u>Popcorn</u> Chicken-14G Golden Corn-16G <u>Popping Good Oranges</u> -11G <u>Popcorn</u> -3G	20 <u>Cheese Lovers Day</u> Stuffed Crust Cheese Pizza-52G *Baked Beans 22G Merry Cherry Juice-14G
23 Chicken Fingers-10G w/Whole Grain Roll-20G Steamed Carrots-8G Twisted Melon Juice-14G	24 Toasted Cheese Sandwich-28G Whole Grain Roll-20G Tomato Soup-19G Diced Pears-14G	25 French Toast Sticks-27G w/syrup-19G & Egg Patty-11G Chilled Applesauce-23G Fresh Orange Smiles-11G	26 BBQ *Rib Sandwich-37G Mashed Potatoes-13G w/gravy-3G Diced Peaches-17G	27 Uno's Pizza-34G Seasoned Green Beans-4G Fresh Sliced Apple -11G
30 Toasted Cheese Sandwich-28G Tomato Soup-19G Diced Pears-14G	31 Nachos Supreme-42G w/taco meat & shredded cheese Shredded Lettuce-1G Golden Corn-16G	<div style="border: 2px solid red; padding: 10px;"> <p><b>NOTICE:</b> The data contained on this menu should not be used &amp; does not provide menu planning for a child with a medical condition or food allergy. Ingredients &amp; menus items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.</p> </div>		

#### PLEASE NOTE

Menu changes may be necessary. Notice will be given when possible.  
 1% and fat free milk served daily. \*Contains pork

