

# CHAD December High School Lunch



Food Service Director: Angelette Warren  
 awarren@thenutritiongroup.biz  
 215.351.2900 EX. 2231

	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Assorted Grill Options Available Weekly</b>                      Breaded or Grilled Chicken Sandwich                      Hamburger or Cheeseburgers on a Bun</p>		<b>Day 1</b> Hot Dog on a Whole Grain Roll Steamed Broccoli Apricots Assorted Milk	<b>Day 2</b> Chicken Fajitas Spanish Rice Corn Tomato Cucumber Salad Apple Sauce Assorted Milk	<b>Day 3</b> Cheese Burgers on a whole grain Bun Potatoes Wedges Mixed Fruit Assorted Milk	<b>Day 4</b> Spaghetti with Meat Sauce Green Beans Sliced Apples Assorted Milk
		<b>Day 7</b> Chicken Parmesan Steamed Carrots Cinnamon Applesauce Assorted Milk	<b>Day 8</b> Turkey Nachos w/Cheese Steamed Corn Mandarin Oranges Mixed Bean Salad Assorted Milk	<b>Day 9</b> Saucy Meatballs Whole Wheat Bun Steamed Rice Mixed Vegetables Pineapple Tidbits Assorted Milk	<b>Day 10</b> Buffalo Chicken Cheesesteak Steamed Peas Tomato Cumber Salad Diced Peaches Assorted Milk
 <p><b>Breaded ,Grilled Chicken, &amp; Vegetarian Salads served with Assorted Dressings</b></p> <p><b>All Salads offered daily with a choice of bread, fruit, and Fat Free or Low Fat Milk</b></p>	<b>Day 14</b> Oven Baked Fish Sticks Herbed Noodles Zesty Green Beans Applesauce Cup Assorted Milk	<b>Day 15</b> Turkey & Cheese Hoagies Fresh Baby Carrots Pineapple Tidbits Assorted Milk	<b>Day 16</b> Philly Cheese Steak on WG Roll Three Bean Salad Mixed Fruit Assorted Milk	<b>Day 17</b> Popcorn Chicken Bowl Slice Whole Wheat Bread Fruit Cocktail Assorted Milk	<b>Day 18</b> Baked Ziti Slice of Whole Grain Wheat Bread Steamed Broccoli Orange Slices Assorted Milk
	<b>Day 21</b> Turkey & Dressing Supreme w/ Dinner Roll Steamed Corn Baked Apples Assorted Milks	<b>Day 22</b> Hot & Spicy Chicken On a WG Bun Steamed Carrots Cinnamon Applesauce Assorted Milk	<b>Day 23</b> No School Winner Break!	<b>Day 24</b> No School Winner Break!	<b>Day 25</b> No School Winner Break!
 <p><b>Assorted Pizza Options Available Weekly</b>                      Cheese Pizza                      Chicken Pizza                      Pepperoni Pizza                      Mozzarella Cheese Pizza                      Broccoli &amp; Cheese Pizza</p>	<b>Day 28</b> No School Winner Break!	<b>Day 29</b> No School Winner Break!	<b>Day 30</b> No School Winner Break!	Fresh Produce from Local Farms based on crop availability	Take Nutrition Global Day

**MENUS SUBJECT TO CHANGE**

## The Deli

**Assorted Deli Options Available Weekly**  
 Italian Hoagie  
 Roast Beef  
 Turkey and Cheese  
 Chicken Salad  
 Tuna Salad

## Accompaniments

**\*Must take at least one 1/2 cup of fruit or vegetable**

- |  |   |
|--|---|
| <b>*Vegetable Bar includes:</b><br>Broccoli Florets<br>Baby Carrots<br>Dark Leafy Greens<br>Legume Salads<br>Celery & Cucumber | <b>*Fruits include:</b><br>Crisp Apple<br>Sliced Peaches<br>Mixed Fruit<br>Fresh Orange<br>Banana<br>Pineapple Tidbits<br>Diced Pears<br>Applesauce |
|--|---|

## Milk

**Milk Choices Offered Daily:**  
 1% white, non-fat white, non-fat flavored

## Proud to manage your food service program

**Lunch Prices: Paid \$2.60 Reduced \$ .40**

The School does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE