

ROBBINSDALE NUTRITION

IT'S TIME TO EAT RIGHT

SENIOR HIGH SCHOOL MENU

OCTOBER 20-24, 2008

	Monday, Oct. 20	Tuesday, Oct. 21	Wednesday, Oct. 22	Thursday, Oct. 23	Friday, Oct. 24
MAIN LINE	Sesame chicken stirfry Fluffy rice Oriental vegetables Fortune cookie	Build your own chicken fajita Assorted taco fixings Seasoned rice Churro	Grilled Panini Sandwich Turkey Ranch or Spicy Southwest Baked chip Veggies w/low fat dip	Chicken tenders Oven potatoes Carrots Breadstick	Chicken or cheese quesadilla Assorted taco fixings Corn Chips and salsa
GRILL <i>Sandwich toppings to include: lettuce, tomato, onion, pickles</i>	Spicy chicken sandwich Curly fries Veggies with low fat dip	Mini corn dogs or cheeseburger Baked potato w/sour cream Veggies w/ low fat dip	California Burger Oven fries Veggies w/ low fat dip	Chicken patty or sloppy joe Tossed salad Veggies w/ low fat dip	Grilled Buffalo chicken or hamburger Waffle fries Veggies w/ low fat dip
SANDWICH SALAD SOUP CHOICES	Buffalo chicken wrap Oriental chicken salad	Turkey garden sandwich Caesar chicken salad	Italian Sub Chef salad	Ham and turkey stacker Buffalo chicken salad	Spinach turkey wrap Strawberry chicken salad
PASTA	Rigatoni pasta/chorizo or meat sauce Tossed salad	Build your own chicken fajita Assorted taco fixings Seasoned rice Churro	Spaghetti and meatballs Caesar salad Garlic bread	Lasagna Tossed salad Garlic breadstick	Chicken or cheese quesadilla Assorted taco fixings Corn Chips and salsa

* May contain pork

+ Cold entrees include vegetable and fruit choices daily.

Low fat and skim milk choices served with all meals.

A minimum of 2 fresh fruits offered daily.

Bread basket to include whole grains

Menu subject to change without notice.

Apple Harvest Promotion: Featuring a different variety of apples every week including Cortland, Haralson, Regent, Fireside and McIntosh. Enjoy these apples!