

# ROBBINSDALE NUTRITION

## IT'S TIME TO EAT RIGHT

### SENIOR HIGH SCHOOL MENU

**SEPTEMBER 22-26, 2008**

	Monday, Sept. 22	Tuesday, Sept. 23	Wednesday, Sept. 24	Thursday, Sept. 25	Friday, Sept. 26
<b>MAIN LINE</b>	Sesame chicken stirfry Fluffy rice Oriental vegetables Fortune cookie	Build your own chicken fajita Assorted taco fixings Seasoned rice Churro	NEW Grilled Panini Chicken Ranch* or Spicy Chicken Southwest Baked chip Veggies w/low fat dip	Chicken tenders Whipped potatoes w/gravy Carrots Breadstick	Chicken or cheese quesadilla Assorted taco fixings Corn Chips and salsa
<b>GRILL</b> <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
<b>SANDWICH</b> <b>SALAD</b> <b>SOUP</b> <b>CHOICES</b>	Italian Sub* Oriental chicken salad	Turkey garden sandwich Caesar chicken salad	Buffalo chicken wrap Chef salad	Ham and turkey stacker* Buffalo chicken salad	Spinach turkey wrap Strawberry chicken salad
<b>PASTA</b>	Rigatoni pasta/chorizo* or Tomato Alfredo Tossed salad Petit pain roll	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.

**Nutrition fact:** Raisins and other dried fruit like cranberries, apples, blueberries- even bananas are a perfect go anywhere snack for kids!