

Scotia-Glenville

High School Middle School Lunch Menu

February 2010



Lunch Prices:
Student \$1.80
Adult \$3.10
Milk: .40
 1%, Skim,
 2%, Chocolate
 100 % Juice .40
 Baked Chips \$.75
 Rice Krispie Treats \$1.00
 Grandma's Cookies \$1.00

Monday Pepperoni	Tuesday Cheese	Wednesday Weekly Special	Thursday Cheese Pizza	Friday Flat Bread Pizza
1 Stuffed Crust Pizza Dippers with Tomato Sauce Corn or Carrot Sticks Chilled or Fresh fruit Milk	2 Balanced Choices Meal: Pasta w/ Italian Meat Sauce, Garlic Bread, Seasoned Corn Fresh Apple Low Fat Milk	3 Grilled Chicken & Cheddar Quesadilla Salsa Seasoned Rice Green Beans or Carrot Sticks Fresh or Chilled Mixed Fruit Milk	4 BBQ Boneless Rib on a Roll Baked Tator Tots or Celery Sticks Chilled Pears or Fresh Fruit Milk FREE LUNCH MIDDLE SCHOOL	5 Italian Dunkers with Cheese and Marinara sauce Green Beans or Tossed Salad w/ dressing Chilled or Fresh Fruit Milk
8 Grilled Chicken & Cheddar Quesadilla Spicy Brown Rice & Beans Tossed salad w/ Lite Dressing Fresh or Chilled Mixed Fruit Milk	9 Chicken Fingers or Hot Meatball Sandwich Oven Fries or Celery Sticks Fresh Fruit or Applesauce Milk	10 Popcorn Chicken w/ Fresh Baked Cornbread Mashed Potatoes or Corn Fresh Fruit or Chilled Mixed Fruit Milk FREE LUNCH HIGH SCHOOL	11 Italian Dunkers with Cheese & Tomato Sauce Tossed Salad w/ Lite Dressing or Green Beans Fresh or Chilled Applesauce Milk	12 Balanced Choices Meal: Baked, Breaded Chicken Parmesan Seasoned Noodles Mixed Vegetables Fresh or Chilled fruit Low Fat Milk
15 PRESIDENT'S DAY NO SCHOOL	16 WINTER RECESS NO SCHOOL	17 WINTER RECESS NO SCHOOL	18 WINTER RECESS NO SCHOOL	19 WINTER RECESS NO SCHOOL
22 Pulled Pork BBQ or Chicken Patty on a Bun Baked Cheddar Rice or Tossed Salad w/ Lite Dressing Chilled Mixed Fruit or Fresh Fruit Milk	23 Charbroiled Salisbury steak in Brown Gravy, Oven Baked Steak fries, Corn or Celery Sticks, Fresh Fruit or Chilled Applesauce Milk	24 Balanced Choices Meal: Whole Grained Pasta with Meatballs or Marinara Sauce or Meatball Sub: Corn, Fresh Apple, Low Fat Milk	25 Mozzarella Cheese Stuffed Crust Pizza Dippers w/ Tomato Sauce, Tossed Salad or Green Beans, Fresh or Chilled Fruit Milk	26 Balanced Choices Meal: Baked Whole Grain Chicken Nuggets, Mashed Potatoes or Golden Corn Fresh Fruit or Chilled Mixed fruit Low Fat Milk
 Rotating Specialties: Cheese Pizza Specialty Pizzas Pepperoni Pizza Calzones & Strombolis Cheese Burgers Chicken Patties Buffalo Chicken Salads or Wraps Fresh Deli Sandwiches made to order. Grilled or Breaded Chicken Available Daily		If you have any questions or suggestions please call 518.382.1259 Dining Services	 All Menus are subject to change	

Balanced Choices Meal:
 Available Daily.
 Chicken Caesar Wrap: Mixed
 Greens with Sliced Grilled
 Chicken and Caesar Dressing
 in a Flour Tortilla.
 Tuna Salad Wrap: Fresh Tuna
 Salad with Shredded Romaine
 and Sliced Tomatoes on a
 Flour Tortilla.
 Buffalo Chicken Wrap:
 Grilled Whole Grain Breaded
 Chicken with Shredded
 Lettuce and Spicy Buffalo
 Sauce on a Four Tortilla.
 Grilled Fresh Fruit, Tossed Salad
 & Lowfat Milk.