

Intermediate Lunch Menu

January, 2018



2 French Toast Sticks
W/Maple Syrup
Tater Tots
Egg Patty
Warm Cinnamon Apples

3 Spaghetti & Meatballs
Seasoned Green Beans
Italian Flatbread
Romaine Side Salad
Strawberries W/Topping

4 BBQ Pulled Pork on a Roll
Sweet potato Fries
Vegetarian Baked Beans
Steamed Broccoli
Sliced Pears

5 Southwest Cheddar Cheese & Turkey Panini
Potato Wedges
Zucchini Sticks
Blueberries
W/Topping

8 Fuel Promo
Nawlins Spicy Chicken Wrap
Brown Rice
Seasoned Carrots
Strawberries
W/Toppina

9 French Toast Sticks
Egg Patty
Tatar Tots
Maple Syrup
Warm Cinnamon Apples



11 Roasted Chicken
Mashed Potatoes
Baked Beans
Steamed Broccoli
Dinner Roll
Fruit Cocktail

12 Fajita Chicken W/Green Peppers and Onions
Brown Rice
Blueberries
W/Topping



16 French Toast Sticks
W/Maple Syrup
Tater Tots
Egg Patty
Warm Cinnamon Apples

17 Cheesy Baked Penne
Seasoned Green Beans
Italian Flatbread
Garden Salad
Pears

18 Fish Sticks
Potato Wedges
Seasoned Corn
Dinner Roll
Confetti Cole Slaw
Applesauce

19 Cheddar Cheese & Turkey Panini
Baked Fries
Steamed Carrots
Romaine Side Salad

22 French Toast Sticks
Egg Patty
Tatar Tots
Maple Syrup
Warm Cinnamon Apples

23 Corndog
Cole Slaw
Kick'n Beans
Potato Wedges
Green Beans
Diced Pear

24 American Chop Suey
Steamed Broccoli
Kidney beans
Italian Flatbread
Romaine Caesar Salad
Strawberries W/Topping

25 Grilled Cheese
Tomato Soup
French Fries
Cucumber Coins
W/Ranch Dressing
Peaches

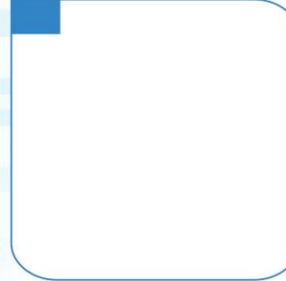
26 Roasted Turkey & Gravy
Mashed Potatoes
Butternut Squash
Dinner Roll
Apple Crisp

29 Fuel Promo
Lil' Italy Chicken Bowl
W/Creamy Italian Rice and Marinara Sauce
Steamed Broccoli
Pears

30 French Toast Sticks
Egg Patty
Tatar Tots
Maple Syrup
Warm Cinnamon Apples

31 Penne Pasta
Meat Sauce
Romaine Side Salad
Seasoned Green Beans
Cheesy Garlic Bread
Diced Pears

1/2 ~ 1/5/18
BBQ Chicken Pizza
1/8 ~ 1/12/18
Hawaiian Pizza
1/15 ~ 1/19/18
Sausage Pizza
1/22 ~ 1/26/18
Cheeseburger Pizza
1/29 ~ 2/2/18
Buffalo Chicken Pizza



Breakfast Prices.....Students \$1.50
Reduced .30
Adults \$1.50
Lunch Prices.....Students 2.65
Reduced .40
Adults \$3.75

Menus are subject to change without notice
This institute is an equal opportunity provider

Sides Offered Daily.....
Students may choose One Entrée and Two Sides
1% White, RF Chocolate & Skim Milk

Questions and Concerns:
Please contact the Foodservice Office @ 508-778-0563
David Badot Director