



FEBRUARY 2012

MARIE MURPHY JUNIOR HIGH SCHOOL

LUNCH MENU



Make Choices for a Healthy lifestyle!



- ALTERNATIVE ENTREES DAILY!**
- PASTA W/MARINARA SAUCE
SALAD BAR
MONDAY
 - BAKED CHICKEN NUGGETS
TUESDAY
 - CHEESEBURGERS
WEDNESDAY
 - ALL AMERICAN HOT DOGS
THURSDAY
 - BREADED CHICKEN PATTY



Questions about the menu?

Call
847-728-4115

A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 BAKED BARRILLA'S PENNE STEAMED GREEN BEANS CHILLED PEARS	2 CHILI WITH BEANS CHUCK WAGON CORN CHILLED PINEAPPLE	3 UNO'S PIZZA CHEESE OR *PEPPERONI CUCUMBER SLICES CHILLED APPLESAUCE
6	7 SOFT BEEF TACOS LETTUCE & CHEESE TACO SAUCE STEAMED RICE CHILLED PEACHES	7 NEW !!! BONELESS CHICKEN DRUMMIES STEAMED MIXED VEGETABLE RED GRAPES	8 DELI DAY! TURKEY, *HAM OR *SALAMI AMERICAN OR SWISS CHEESE LETTUCE & TOMATO SMALL SALAD BAR DILL PICKLE SPEAR	9 HOMEMADE MACARONI & CHEESE OR BEEFY MACARONI & CHEESE STEAMED PEAS CHILLED MIXED FRUIT	10 UNO'S PIZZA CHEESE OR *PEPPERONI STEAMED BABY CARROTS STRAWBERRY YOGURT
13	14 SPAGHETTI & MEATBALLS MARINARA SAUCE ITALIAN BLEND VEGETABLES CHILLED PINEAPPLE	14 PANCAKES STRAWBERRY TOPPING LOW FAT *SAUSAGE LINKS BAKED TATOR ROUNDS FRUIT JUICE CUP	15 HALF DAY! NO LUNCH SERVICE	16 HALF DAY! NO LUNCH SERVICE	17 INSTITUTE DAY! NO SCHOOL
20	21 PRESIDENT'S DAY! NO SCHOOL	21 FIERY CHICKEN STRIPS CELERY STICKS LITE RANCH DRESSING CUP BLUE GELATIN	22 DELI DAY! TURKEY, *HAM OR *SALAMI AMERICAN OR SWISS CHEESE LETTUCE & TOMATO SMALL SALAD BAR DILL PICKLE SPEAR	23 ITALIAN BEEF FRENCH BREAD ROASTED RED PEPPERS SEASONED POTATO WEDGES RED GRAPES	24 UNO'S PIZZA CHEESE OR *PEPPERONI WINTER BLEND VEGETABLES CHILLED PEARS
27	28 TACO SALAD BOWL LETTUCE & CHEESE TACO SAUCE STEAMED RICE CHILLED MIXED FRUIT	28 GRILLED CHEESE SANDWICH TOMATO SOUP CRACKERS APPLE SLICES	29 CHICKEN TENDER STRIPS MASHED POTATOES CHICKEN GRAVY RASPBERRY GELATIN	STUDENT LUNCH - \$3.35 INCLUDES: ENTRÉE, FRUIT, VEGETABLE OR SMALL SALAD BAR AND MILK OR JUICE 4 OZ	



PLEASE NOTE
Menu changes may be necessary. Notice will be given when possible.
1% milk and grain basket offered daily. *Contains pork