



JANUARY 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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 SOFT TORTILLA BEEF TACOS LETTUCE & CHEESE TACO SAUCE STEAMED RICE CHILLED PEACHES	4 FIERY CHICKEN STRIPS CELERY STICKS LITE RANCH DRESSING CUP ORANGE GELATIN	5 PANCAKES STRAWBERRY TOPPING LOW FAT *SAUSAGE LINKS BAKED TATOR ROUNDS APPLE JUICE CUP	6 UNO'S PIZZA CHEESE OR *PEPPERONI STEAMED BABY CARROTS CHILLED PEARS
9 SPAGHETTI & MEATBALLS MARINARA SAUCE ITALIAN BLEND VEGETABLES CHILLED MIXED FRUIT	10 CHICKEN TENDERS SIDE OF TERIYAKI SAUCE STEAMED STIR FRY VEGETABLES MANDARIN ORANGES	11 DELI DAY! TURKEY, *HAM OR *SALAMI AMERICAN OR SWISS CHEESE LETTUCE & TOMATO SMALL SALAD BAR DILL PICKLE SPEAR	12 CHEESE QUESADILLA SALSA CHUCK WAGON CORN CHILLED PINEAPPLE	13 UNO'S PIZZA CHEESE OR *PEPPERONI WINTER BLEND VEGETABLES RED GRAPES
16 NO SCHOOL MARTIN LUTHER KING DAY!	17 NO SCHOOL INSTITUTE DAY!	18 CHEESE RAVIOLI MARINARA SAUCE COUNTRY BLEND VEGETABLE CHILLED PEARS	19 WARM HAM & CHEESE CROISSANT CUCUMBER SLICES LITE RANCH DRESSING SLICED APPLES	20 UNO'S PIZZA CHEESE OR *PEPPERONI STEAMED MIXED VEGETABLES BLUE GELATIN
23 TACO SALAD BOWL LETTUCE & CHEESE TACO SAUCE STEAMED RICE CHILLED PINEAPPLE	24 FRENCH TOAST STICKS SYRUP CUP LOW FAT *SAUSAGE LINKS BAKED TATOR ROUNDS FRUIT JUICE CUP	25 DELI DAY! TURKEY, *HAM OR *SALAMI AMERICAN OR SWISS CHEESE LETTUCE & TOMATO SMALL SALAD BAR DILL PICKLE SPEAR	26 HOMEMADE CREAMY MACARONI & CHEESE STEAMED PEAS RED GRAPES	27 UNO'S PIZZA CHEESE OR *PEPPERONI CALIFORNIA BLEND VEGETABLES CHILLED PEACHES
30 ITALIAN BEEF ROASTED RED PEPPERS STEAMED BROCCOLI FLORETS MANDARIN ORANGES	31 FIERY CHICKEN STRIPS CARROT STICKS LITE RANCH DRESSING CUP SLICED APPLES			

Questions about the menu?
Call
847-728-4115

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

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