

February 2010

Daily Specials at the Deli

Monday:

Italian Sub
Mediterranean Pita

Tuesday:

Buffalo Chicken Wrap
Egg salad sandwich

Wednesday:

BLT on Whole Wheat
Hummus Wrap

Thursday:

Turkey and Cheese Sub
Mozzarella & Tomato

Panini

Friday:

Ham Bagel Sandwich
Eggplant & Goat Cheese Sandwich

A la Carte Sandwich \$2.75

All Meal Combo's only 4.25

- Hot Entrée Meal Combo
Your choice of entrée with 2 sides and a drink
- Deli Meal combo
Deli Sandwich, side and a drink
- Salad Bar Combo
Large salad, side, and a drink
- Grab and Go Combo #1
Chicken Caesar Salad and a Drink
- Grab and Go Combo #2
Yogurt Parfait, side, and a Drink
- Grab and Go Combo #3
Sandwich or wrap, side and a Drink

Mon	Tue	Wed	Thu	Fri
1 Baked Potato w/ Cheese or Broccoli and Cheese. Cinnamon Applesauce Steamed Corn Chili Fresh Fruit	2 Popcorn Chicken S&S side Vegetarian Egg Rolls Brown Rice Medley of Vegetables Chicken Orzo Soup Choc chip cookies	3 Meatball Stroganoff Buttered Noodles Carrot Coins Escalloped Apples Broccoli Cheddar Soup	4 Chicken or Vegetarian Paella Broccoli Florettes Corn Bread Chicken Tortilla Soup Jell-O	5 Chicken or Eggplant Parmesan Whole Wheat Past with Marinara Italian vegetable Blend N. E. Clam Chowder
8 Roast Turkey and Gravy Portobello & Cheese Philly Sandwich Stuffing Steamed Corn Italian Wedding Soup	9 Meatball Hoagie Veggie Cacciatore Celery sticks Italian Green Beans Vegetable and Orzo Soup Ice Cream Sandwich	10 Boxed Lunches	11 No School	12 Fish Sticks Macaroni & Cheese Hush Puppies Roasted Vegetables Baked Potato Soup Fresh Fruit
15 Broccoli Alfredo Pasta Whole Wheat Ziti w/ Meat Sauce Bread Sticks Italian Blend Vegetables Tomato Soup	16 Chicken Strips Veggie Stir Fry Sticky Rice California Blend Fortune Cookies Chicken Orzo Soup	17 Salisbury Steak Fish Sandwich Mashed Potatoes Glazed Carrots Broccoli Cheddar Soup Fresh Fruit	18 Italian Hoagie Vegetable Hoagie Steak Fries Broccoli Florettes Chicken Noodle Soup Sugar Cookies	19 Sloppy Joe Veggie Riblet Sandwich Corn on the Cob Escalloped Apples Minestrone Soup Fresh Fruit
22 Grilled Chicken Fajita or Vegan Fajita with Beans and Crumbles Mexican Rice Steamed Corn Italian Wedding Soup Fresh Fruit	23 Meat or Veggie Lasagna Breadsticks Italian Veggie Blend Vegetable and Orzo Soup Cupcakes	24 Whole Wheat Cheese or Pepperoni Pizza Celery & Carrot Sticks Zucchini Sauté Thick & Zesty Turkey Chili Fresh Fruit	25 Chicken Strips Macaroni & Cheese Corn on the Cob Peas and Carrots Chicken Noodle Soup Fruit Niblettes	26 Hamburger or Veggie Burger Steak Fries Baked Beans Baked Potato Soup Fresh Fruit

Super choices for sides everyday!

Hot side of the day, soup, side salad, fruit, dessert of the day, veggie sticks, small salad bar

Hot meal at a carte pricing:

Entrée.....\$2.00
Side dish.....\$.85
Soup...\$1.00/\$1.50
Dessert.....\$.85