

Utica Schools Secondary Menu

January -
February 2012

Nutrition is all
about Choices !



Meal Price : Junior High \$ 2.60 and
High School \$ 2.65 includes milk.
Cash Purchase only: 8oz. Milk & Fruit
Juice \$.45 Menu Subject to Change
(* contains Pork)

Monday	Tuesday	Wednesday	Thursday	Friday					
<p>2 Studies show that we should eat more colorful Fruits & Vegetables.</p> <p>On the school lunch menu fruits & vegetables are served.</p>	<p>3 Good Food Choices help kids to grow & learn.</p> 	<p>4 Buy 1 get 1 Free Chicken Tender flatbread sandwiches</p> <p>served with shredded lettuce & honey mustard dressing No Guilt! Seasoned Fries, ketchup</p> <p>Apple Chips</p>	<p>5 Pasta - Pizza Bake</p> <p>penne pasta with marinara, melted cheese & (*) pepperoni (can be ordered meatless) Fresh Baby Carrots, lite ranch cup Banana or Apple Chips, if available 1 - Fortune Cookie</p>	<p>6 Philly Steak Sub</p> <p>roast beef in light gravy in a 6" fresh sub bun</p>  <p>Steamed Snow Peas or Fresh Baby Carrots, lite ranch cup, if available Fresh Banana or Juice</p>					
<p>9 Beefy Nacho</p> <p>seasoned beef, whole grain nacho chips, Land O' Lakes cheese sauce 2 taco sauces</p>  <p>Corn & Black Bean Salsa</p> <p>Luigi's Fruit Sherbet</p>	<p>10 Stuffed Crust Pizza (meatless)</p> <p>The "Big Green Salad"</p> <p>bigger portion of mixed lettuces, grape tomatoes, garbanzo beans & choice of low fat dressing</p> <p>Fresh Apple & Grapes</p>	<p>11 Buy 1 get 1 Free Slider Burgers on mini buns</p> <p>1 mustard, 1 ketchup</p> <p>6 pc. Roasted Baby Bakers</p> <p>Fresh Apple & Grapes or Chilled Fruit, cherry</p>	<p>12 Chicken Patty Sandwich on freshly baked bun</p> <p>fresh lettuce, sliced tomato 1 ketchup, 1 salad dressing</p>  <p>Homemade Bean Salad green beans, garbanzo & edamame</p> <p>Chilled Fruit or Sherbet, if avail.</p>	<p>13 Oriental Chicken Breast</p> <p>grilled chicken breast lightly coated with sweet & sour sauce</p>  <p>Rice Steamed Snow Peas</p> <p>100% Fruit Juice</p>					
<p>16 No School</p> 	<p>17 Baked Pasta with marinara sauce (meatless)</p> <p>1 Cheesy Breadstick Dannon Yogurt</p> <p>Watermelon Jello</p>	<p>18 1/2 day No lunch served</p>  <p>Play</p>	<p>19 1/2 day No lunch served</p>  <p>Be Safe</p>	<p>20 1/2 day No lunch served</p>  <p>Have Fun</p>					
<p>23 Soft Chicken Taco</p> <p>served on 8" enriched soft shell 2 taco sauces</p> <p>Corn & Black Bean Salsa</p>  <p>Apple Chips</p>	<p>24 Stuffed Crust Pizza (meatless)</p> <p>Fresh Baby Carrots, ranch cup or Corn & Black Bean Salsa</p>  <p>Cling Peaches, cherry or Apple Chips, if available</p>	<p>25 Buy 1 get 1 Sliced Turkey * Bacon Mini's</p> <p>on soft flat bread side romaine lettuce & tomato</p> <p>Cheddar Broccoli or Fresh Baby Carrots, ranch cup Fresh Cantaloupe or Peaches</p>	<p>26 Flamebroiled Burger</p> <p>on freshly baked bun side romaine lettuce & tomato 2 mustard, 2 ketchup</p> <p>Homemade Seasoned Twister Fries Assorted Fruit or Fresh Cantaloupe, Cantaloupe, if available</p>	<p>27 Cook Choice</p> <p>served with</p> <p>Assorted Bread Choice</p> <p>Assorted Vegetable Choice</p> <p>Assorted Fruit Choice</p>					
<p>30 Chicken Pasta Primavera</p> <p>Grilled Chicken Breast Penne Pasta tossed with fresh colorful vegetables parmesan cheese</p> <p>Assorted Fruit</p>	<p>31 Big Daddy Pizza Wedge (meatless)</p> <p>The "Big Green Salad"</p> <p>bigger portion of mixed lettuces, grape tomatoes, garbanzo beans & choice of low fat dressing</p>  <p>Chilled Peaches, cherry</p>	<p>1 Buy 1 get 1 Free Hot Dog</p> <p>2 mustard, 2 ketchup served with</p> <p>Fresh Apple Wedges</p> <p>Fresh Celery Sticks, ranch cup</p>	<p>2 Grilled Chicken Wrap</p> <p>unbreaded chicken breast, lettuce on whole grain flatbread with 1 small ranch</p>  <p>Homemade Bean Salad green beans, garbanzo & edamame Fresh Apple Wedges Presidential Smart Cookies</p>	<p>3 BBQ Rib Sandwich on bun</p> <p>served with Grandma's Homemade Pudding topped with whip cream or Fresh Celery Sticks, ranch cup</p> <p>Fresh Orange Wedges or Assorted Fresh Fruit, if available</p>					
<p>School Lunch is Changing Federal meal requirements will be changing for the nation's school lunch programs to follow.</p>		<p>New vegetable requirements include weekly servings of Orange & Yellow vegetables</p>		<p>The more colorful the Vegetable is the better it is for YOU!</p>		<p>Orange/Yellow veggies support: Healthy Vision Protects from illness Helps Skin Heal</p>		<p>Look for this symbol  to denote the choice contains Beans or Legumes</p>	

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