

Profiles In Good Taste at High School
March 1-5, 2010

Station/Available Daily	Monday	Tuesday	Wednesday	Thursday	Friday
 Lunch Served With: Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	Macaroni Cheese With Cornbread California Blend Veg. Oven Roasted Potatoes <i>Fresh or Chilled Fruit</i> Choice of Milk	Italian Meat Sauce With Wheat & White Pasta Or Cheesy Lasagna Seasoned Capri Veg. Garlic Bread Choice of Milk	Taco Meat Nacho Chips Cheese Sauce/Soft Shells Spanish Rice/Refried Beans Salsa & Sour Cream <i>Your Choice of Vegetable</i> <i>Fresh or Chilled Fruit</i> Choice of Milk	Sweet & Sour Chicken Over Rice Oriental Vegetables Fortune Cookie <i>Your Choice of Vegetable</i> <i>Fresh or Chilled Fruit</i> Choice of Milk	<u>Chicken Bowl</u> Popcorn Chicken Whipped Potatoes Gravy Seasoned Corn Shredded Cheese Fresh or Chilled Fruit Choice of Milk
 Menutainment	Chicken Stir Fry With White & Brown Rice <i>Your Choice of Vegetable</i> <i>Fresh or Chilled Fruit</i> Choice of Milk	Made To Order Omelet <i>Your Choice of Vegetable</i> <i>Fresh or Chilled Fruit</i> Choice of Milk	Waffle Bar With White & Brown Rice <i>Your Choice of Vegetable</i> <i>Fresh or Chilled Fruit</i> Choice of Milk	Made To Order Omelet <i>Your Choice of Vegetable</i> <i>Fresh or Chilled Fruit</i> Choice of Milk	Build Your Own Salad <i>Your Choice of Vegetable</i> <i>Fresh or Chilled Fruit</i> Choice of Milk
 Daily Special: Offered Daily: Plain Cheese Pizza Pepperoni Pizza Whole Wheat & White	Sausage & Ham Pizza <i>Your Choice of Vegetable</i> <i>Fresh or Chilled Fruit</i> Choice of Milk	 Grilled Vegetable Pizza <i>Your Choice of Vegetable</i> <i>Fresh or Chilled Fruit</i> Choice of Milk	Meat Lover's Pizza <i>Your Choice of Vegetable</i> <i>Fresh or Chilled Fruit</i> Choice of Milk	Cheese Calzone <i>Your Choice of Vegetable</i> <i>Fresh or Chilled Fruit</i> Choice of Milk	 <u>Balanced Choices Meal:</u> BBQ Chicken With Broccoli Garlic breadstick <i>Fresh Apple</i> Choice of Milk
 Assorted Meats, Cheeses, Vegetables, Toppings & Choice of Bread Sub, Wraps, or Bagels	 <u>Balanced Choices Meal:</u> Grilled Chicken Patty With Vegetables On A Kaiser Macaroni Salad Fresh Apple 1% Low Fat Milk	Popcorn Chicken Wrap <i>Your Choice of Vegetable</i> <i>Fresh or Chilled Fruit</i> Choice of Milk	 <u>Balanced Choices Meal:</u> Chicken Caesar Wrap Macaroni Salad Fresh Orange 1% Low Fat Milk	 <u>Balanced Choices Meal:</u> Chicken Salad Wrap <i>Your Choice of Vegetable</i> <i>Fresh or Chilled Fruit</i> Choice of Milk	Chicken Ranch Wrap <i>Your Choice of Vegetable</i> <i>Fresh or Chilled Fruit</i> Choice of Milk
 Cheeseburger Chicken Patty, Veggie Burger Offered Daily	Chicken Nuggets With Oven Wedges/Roll A Basket <i>Your Choice of Vegetable</i> Choice of Milk	Spicy Chicken Tenders With Oven Fries <i>Your Choice of Vegetable</i> <i>Fresh or Chilled Fruit</i> Choice of Milk	Chicken Rings with Tater Tots/Roll <i>Your Choice of Vegetable</i> <i>Fresh or Chilled Fruit</i> Choice of Milk	Chicken & Cheese Quesadilla/Salsa <i>Your Choice of Vegetable</i> <i>Fresh or Chilled Fruit</i> Choice of Milk	Fish Sliders With Seasoned Fries <i>Your Choice of Vegetable</i> <i>Fresh or Chilled Fruit</i> Choice of Milk
 Premium Entrée Salads Offered with Whole Grain Crackers	Turkey Walnut Strawberry Salad With Poppysseed Dr.	Chicken Caesar Salad	Turkey Cobb Salad With Honey Mustard Dressing	Smoked Turkey & Spinach Salad and Bacon Poppy Seed Dressing	Mexican Taco Salad Meat, Cheese, Sour Cream

Menu Subject to Change Without Notice. Questions or Comments? Contact Sandy Leach at 333-7473
 All Lunches Served With: Your Choice of Vegetable, Fresh or Chilled Fruit, Choice of 8 oz. Milk
 Student Lunch \$ 2.50 Reduce Lunch .40 Milk \$ 0.50 Adult Lunch \$ 3.50

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin.

Any person who believes that he or she has been discriminated against in any U.S.D.A activity should write to the Secretary of Agriculture, Washington D.C. 20250.

Profiles In Good Taste at High School
March 8-12, 2010

Station/Available Daily	Monday	Tuesday	Wednesday	Thursday	Friday
 <i>Lunch Served With: Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk</i>	Baked Chicken Tenders Scalloped Potatoes Cornbread Baked Cinnamon Apples <i>Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk</i>	HALF DAY Celebrate National Breakfast Week <i>Come To Breakfast Before School</i>	Taco Meat Nacho Chips Cheese Sauce/Soft Shells Spanish Rice/Refried Beans Salsa & Sour Cream <i>Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk</i>	HALF DAY Celebrate National Breakfast Week <i>Come To Breakfast Before School</i>	NO SCHOOL
 <i>Menutainment</i>	Chicken Stir Fry With White & Brown Rice <i>Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk</i>		Waffle Bar With Toppings <i>Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk</i>		
 <i>Daily Special: Plain Cheese Pizza Pepperoni Pizza Whole Wheat & White</i>	Stuffed Crust Pizza <i>Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk</i>		Ham Stromboli <i>Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk</i>		
 Shaved Ham, Deli Turkey Roast Beef, Pepperoni Swiss, American, & Provolone Cheeses Lettuce and Tomato Fresh Bread Selection	 <i>Balanced Choices Meal:</i> Turkey Club Bagel Vegetable Pasta Salad Fresh Apple 1% Low Fat Milk		 <i>Balanced Choices Meal:</i> Chicken Caesar Wrap Macaroni Salad Fresh Orange 1% Low Fat Milk		
 <i>Cheeseburgers Spicy & Regular Chicken Veggie Burger</i>	Double Cheese Quesadilla <i>Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk</i>		Chicken Poppers/Tater Tots In A Basket <i>Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk</i>		
 <i>Premium Entrée Salads Offered with Whole Grain Crackers</i>	Crispy Chicken Salad With Vegetables /Cheese		Mandarin Orange Chicken Salad With Almonds		

Menu Subject to Change Without Notice. Questions or Comments? Contact Sandy Leach at 333-7473
All Lunches Served With: Your Choice of Vegetable, Fresh or Chilled Fruit, Choice of 8 oz. Milk
Student Lunch \$ 2.50 Reduce Lunch .40 Milk \$ 0.50 Adult Lunch \$ 3.50

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin.

Any person who believes that he or she has been discriminated against in any U.S.D.A activity should write to the Secretary of Agriculture, Washington D.C. 20250.

Profiles In Good Taste at High School
March 15-19, 2010

Station/Available Daily	Monday	Tuesday	Wednesday	Thursday	Friday
 Lunch Served With: Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	<u><i>New!</i></u> BBQ CHICKEN Vegetarian Baked Beans Warm Fruit Crisp Cheesy Biscuit Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	Italian Meat Sauce with Assorted Pasta Or Cheesy Lasagna Seasoned Green Beans Garlic Bread Choice of Milk	Taco Meat/Cheese Nacho Chips Spanish Rice/Refried Beans Salsa/Sour Cream Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	<u><i>Turkey Meal</i></u> Roast Turkey & Gravy Whipped Potatoes Seasoned Greens Soft Roll/Margarine Fresh Fruit Cobbler Fresh or Chilled Fruit Choice of Milk	Grilled Cheese Sandwich With Tomato Soup Or Chicken Noodle With Tater Tots Crackers Choice of Milk
 Menutainment	Chicken Stir Fry With White & Brown Rice Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	Made To Order Omelet Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	Waffle Bar With Toppings Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	Made To Order Omelet Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	Build Your Own Salad Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk
 Daily Special: Plain Cheese Pizza Pepperoni Pizza Whole Wheat & White	Sausage & Bacon Pizza Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	Aloha Chicken Pizza Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	Rip & Dip With Marinara Sauce Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	Meatlover's Pizza Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	Stuffed Crust Vegetable Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk
 Shaved Ham, Deli Turkey Roast Beef, Pepperoni Swiss, American, & Provolone Cheeses Lettuce and Tomato Fresh Bread Selection	 Balanced Choices Meal: Chicken Parmesan Wrap 1% Low Fat milk	 Balanced Choices Meal: Chicken Salad Wrap Vegetable Pasta Salad Fresh Orange 1% Milk	 Balanced Choices Meal: Chicken Caesar Wrap Macaroni Salad Fresh Orange 1% Low Fat Milk	 Balanced Choices Meal: Turkey Club Bagel With Vegetable Pasta Fresh Apple 1% Milk	 Balanced Choices Meal: Tuna Salad Wrap Vegetable Pasta Salad Fresh Orange 1% Low Fat Milk
 Cheeseburgers Spicy & Regular Chicken Veggie Burger	Chicken Burrito With Tater Tots Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	Peppery Popcorn Chicken Tater Tots Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	Mini Turkey Corndogs With Tots Your Choice of Vegetables Fresh or Chilled Fruit Choice of Milk	Colossal Cheeseburger/Tots Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	Cheese Quesadilla Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk
 Crackers	Turkey Club Salad Turkey, Cheese, Bacon With Ranch Dr.	Grilled Monterey Ranch Chicken Salad/Provolone	Turkey Santa Fe' Salad Turkey, Cheese, Tortilla Romaine Mixture	Antipasto Salad With Ham, Salami, Mozzarella & Italian Dr.	Taco Salad With Meat, Cheese, & Sour Cream & Salsa

Menu Subject to Change Without Notice. Questions or Comments? Contact Sandy Leach at 333-7473
 All Lunches Served With: Your Choice of Vegetable, Fresh or Chilled Fruit, Choice of 8 oz. Milk
 Student Lunch \$ 2.50 Reduce Lunch .40 Milk \$ 0.50 Adult Lunch \$ 3.50

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin.

Any person who believes that he or she has been discriminated against in any U.S.D.A activity should write to the Secretary of Agriculture, Washington D.C. 20250.

Profiles In Good Taste at High School
March 22-26, 2010

Station/Available Daily	Monday	Tuesday	Wednesday	Thursday	Friday
 <i>Lunch Served With: Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk</i>	<u>Wet Burrito Bar</u> Beef Burrito Or Vegetarian Burrito Red Beans & Rice Oven Roasted Carrots <i>Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk</i>	Italian Meat Sauce with Assorted Pasta Or Cheesy Lasagna Seasoned Green Beans Garlic Bread Choice of Milk	Taco Meat Nacho Chips Cheese Sauce/Soft Shells Spanish Rice/Refried Beans Salsa & Sour Cream <i>Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk</i>	Thai Chicken Served On Brown Rice or Seasoned Noodles Steamed Asian Vegetables With Fortune Cookie <i>Fresh or Chilled Fruit Choice of Milk</i>	<u>Chicken Bowl</u> Popcorn Chicken Whipped Potatoes Gravy Seasoned Corn Shredded Cheese Fresh or Chilled Fruit Choice of Milk
 <i>Menutainment</i>	Chicken Stir Fry With White & Brown Rice <i>Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk</i>	Made To Order Omelet <i>Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk</i>	Beef Stir Fry With White & Brown Rice <i>Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk</i>	Made To Order Omelet <i>Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk</i>	Build Your Own Salad <i>Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk</i>
 <i>Daily Special: Plain Cheese Pizza Pepperoni Pizza Whole Wheat & White</i>	Chicken Alfredo Pizza <i>Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk</i>	 Grilled Vegetable Pizza <i>Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk</i>	Stromboli <i>Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk</i>	Rip & Dip With Marinara Sauce <i>Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk</i>	Stuffed Crust Cheese Pizza <i>Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk</i>
 Shaved Ham, Deli Turkey Roast Beef, Pepperoni Swiss, American, & Provolone Cheeses Lettuce and Tomato Fresh Bread Selection	 <i>Balanced Choices Meal:</i> Grilled Chicken Patty With Vegetables On A Kaiser Macaroni Salad Fresh Apple 1% Low Fat Milk	Popcorn Chicken Wrap <i>Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk</i>	 <i>Balanced Choices Meal:</i> Chicken Caesar Wrap Macaroni Salad Fresh Orange 1% Low Fat Milk	Chicken Cordon Bleu Wrap <i>Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk</i>	 <i>Balanced Choices Meal:</i> Tomato Cajun Chicken Salad Wrap Vegetable Pasta Salad Fresh Orange 1 % Low Fat Milk
 <i>Offered Daily: Cheeseburgers Spicy & Regular Chicken Veggie Burger</i>	Double Cheeseburger With Tater Tots <i>Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk</i>	Buffalo Chicken Tenders With Tater Tots <i>Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk</i>	Popcorn Chicken With Seasoned Potatoes <i>Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk</i>	 Chicken & Cheese Quesadilla With Spanish Rice/Corn <i>Fresh or Chilled Fruit Choice of Milk</i>	Grilled Cheese with Seasoned Fries <i>Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk</i>
 <i>Premium Entrée Salads Offered with Whole Grain Crackers</i>	Turkey Walnut Strawberry Salad With Poppy Seed Dr.	Crispy Chicken Salad With Vegetables & Cheese	Mandarin Orange Chicken Salad With Almonds	Smoked Turkey with Bacon Spinach Salad	Taco Salad In A Shell With Meat, Cheese, & Sour Cream & Salsa

Menu Subject to Change Without Notice. Questions or Comments? Contact Sandy Leach at 333-7473
 All Lunches Served With: Your Choice of Vegetable, Fresh or Chilled Fruit, Choice of 8 oz. Milk
 Student Lunch \$ 2.50 Reduce Lunch .40 Milk \$ 0.50 Adult Lunch \$ 3.50

the School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin.

Any person who believes that he or she has been discriminated against in any U.S.D.A activity should write to the Secretary of Agriculture, Washington D.C. 20250.

March 29-April 1, 2010

Station/Available Daily	Monday	Tuesday	Wednesday	Thursday	Friday
 Lunch Served With: Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	Colossal Sloppy Joe On A Bun With Tater Tots Warm Fruit Cobbler Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	Italian Meat Sauce with Assorted Pasta Or Cheesy Lasagna Seasoned Green Beans Garlic Bread Choice of Milk	Taco Meat Nacho Chips Cheese Sauce/Soft Shells Spanish Rice/Refried Beans Salsa & Sour Cream Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	Chicken Shawarma On Tortilla Oven Roasted Vegetables Seasoned Brown Rice Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	
 Menutainment	Chicken Stir Fry With White & Brown Rice Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	Made To Order Omelet Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	Waffle Bar With Toppings Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	Made To Order Omelet Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	
 Daily Special: Plain Cheese Pizza Pepperoni Pizza Whole Wheat & White	Meat Lover's Pizza Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	Ham & Cheese Calzone Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	Stuffed Crust Cheese Pizza Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	 Balanced Choices Meal: BBQ Chicken With Broccoli Garlic breadstick Fresh Apple 1% Low Fat Milk	
 Shaved Ham, Deli Turkey Roast Beef, Pepperoni Swiss, American, & Provolone Cheeses Lettuce and Tomato Fresh Bread Selection	 Balanced Choices Meal: Turkey Club Bagel With Vegetable Pasta Fresh Apple 1% Milk	 Balanced Choices Meal: Chicken Salad Wrap Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	 Balanced Choices Meal: Chicken Caesar Wrap Macaroni Salad Fresh Orange 1% Low Fat Milk	Turkey & Cheese Wrap With Walnut Pesto Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	
 Cheeseburgers Spicy & Regular Chicken Veggie Burger	Chicken Nuggets With Oven Wedges/Roll A Basket Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	Chicken Rings with Tater Tots/Roll Your Choice of Vegetables Fresh or Chilled Fruit Choice of Milk	BBQ Chicken On A Bun With Tater Tots Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	Colossal Cheeseburger with Tater Tots Your Choice of Vegetable Fresh or Chilled Fruit Choice of Milk	
 Premium Entrée Salads Offered with Whole Grain Crackers	Turkey Cobb Salad With Honey Mustard Dressing	Chicken Caesar Salad	Turkey Santa Fe' Salad Turkey, Cheese, Tortilla Romaine Mixture	Antipasto Salad With Ham, Salami, Mozzarella & Italian Dr.	

Menu Subject to Change Without Notice. Questions or Comments? Contact Sandy Leach at 333-7473
 All Lunches Served With: Your Choice of Vegetable, Fresh or Chilled Fruit, Choice of 8 oz. Milk
 Student Lunch \$ 2.50 Reduce Lunch .40 Milk \$ 0.50 Adult Lunch \$ 3.50