

# BMR High School January 2012

Our Menus Meet the Requirements of the NUSchool Challenge



2		3		4		5		6	
HAPPY NEW YEAR  2012		Cheese Ravioli Marinara Sauce Garlic Toast Green Beans Diced Pears		Macho Nachos Beef & Cheese Brown Rice Kidney Beans Lettuce & Salsa Fresh Apple		BMR Sampler Chicken Strip, Mozzarella Stick, Nacho's w/ Cheese Marinara Dipping Sauce 100% Fruit Punch		Pizza Bagel  Veggie Pasta Salad Caesar Salad Oranges	
9		10		11		12		13	
Chicken Patty on Wheat Roll Corn on the Cob Fries Watermelon		Turkey Dinner Mashed, Gravy Peas, Stuffing Roll, Apple Crisp		Popcorn Chicken Wheat Dinner Roll Mashed & Sweet Potato Gravy & Broccoli Orange Smiles		Breakfast for Lunch French Toast Ham Hash Browns Fruit		PD Day No School	
16		17		18		19		20	
MLK Birthday No School  		Chicken Nuggets Tator Tots - Peas Dinner Roll Dipping Sauces Clementine's		Twin Taco Beef & Cheese Lettuce & Salsa Brown Rice & Beans Fresh Pears		Chicken Fajita's Onions, Peppers Rice - Salsa -Lettuce Corn & Bean Salad Diced Pears		Paula's Pizza Parlor Individual Plain, Pepperoni Veggie Caesar Salad Mixed Fruit	
23		24		25		26		27	
Burger Bar Cheese, Lettuce, Tomato Onions, Pickles, Bacon Sweet Potato Fries Fresh Apple		Teriyaki Chicken Fried Rice Broccoli Pineapple Fortune Cookie		Italian Sampler Stuffed Shell Meatballs, Marinara Mozzarella Stick Fruit		Toasted Panini Sandwiches Italian, Turkey & Cheese Veggie Oven Fries Orange Smiles		Assorted Pizza  Caesar Salad  Fruit	
30		31							
Chicken Nuggets Oven Fries Dinner Roll Glazed Carrots Strawberries		Hand Tossed Pizza Cheese, Pepperoni BBQ, Buffalo Caesar Salad Mixed Fruit							

**PIZZA Daily Specials May Include:**

Mondays: BBQ Chicken, Tuesdays: Cheese Steak Pizza

Wednesdays: Sausage Flatbread Pizza Thursdays: Buffalo Chicken Pizza Fridays: Greek Pizza

**GRILL Daily Alternates: Hamburgers, Cheeseburgers, Chicken Patty on Bun,**

**Served with Salad or Vegetables. Daily Specials May Include:**

Mondays: Popcorn Chicken: Tuesdays: Chicken Parmesan on a Bun Wednesdays: Buffalo Chicken Patty

Thursdays: Pizza Burger on a Bun Fridays: Veggie Burger on a Bun or Breaded Fish on a Bun

**SALAD Daily Alternatives, Chicken Caesar and Greek Salads Daily.**

**Daily Specials may include the following:**

Monday: Southwest Salad Tuesday: Oriental Chicken Wednesday: Tuna Salad

Thursdays: Chef Salad Fridays: Buffalo Chicken Salad

**Freshly Prepared Sandwiches w/ Deli Meats & Cheese**

**prepared on selected Breads, Rolls and Wraps w/ Vegetable Accompaniments.**

**Daily Specials may include the following:**

Mondays: Tuna Salad Tuesdays: Buffalo Chicken Wrap Wednesday: Turkey + Swiss Flatbread

Thursdays: Roast Beef on Multigrain Bread Fridays: Egg Salad

**No Supersizing Here ! All of our meals meet USDA Standards for Nutrient Standards & Portion Size**

\* Menu subject to change

Question or comments: see Lea Wolfgang HS Manager

**Student Lunch Price \$2.50 Reduced Lunch Price \$.40**