

ST. PIUS X HIGH SCHOOL LUNCH MENU DECEMBER 2009



Origins

*Meal may include
entree, side, bread &
drink.
Fresh Soups & Desserts
prepared daily*






Traitoria

FEATURED DAILY
Fresh Baked Cheese Pizza or choose a
specialty

December 1-4

- TUE**  Lazy Lasagna, green beans, tossed salad, dinner roll
WED Salisbury Steak, brown rice, sweet peas
THU American Dinner Bowl, roasted turkey, mashed potatoes, dressing, green beans
FRI  Southwestern Bowl, taco beef, cheese sauce, white rice, black beans, lettuce & tomato, fresh orange

December 7-11

- MON**  Sweet n' Sour Chicken, white rice, breadstick, oriental veggies, dinner roll
TUE  Country Fried Steak, mashed potatoes, green beans
WED  Chicken Parmesan, mixed veggies, fresh apple
THU  Shrimp Fried Rice, fried rice, oriental veggies, egg roll
FRI  Chicken Nuggets, baked wedges, dinner roll, mixed veggies

December 14-18

- MON** Chef's Choice
TUE Christmas Dinner, turkey & dressing, yams, green beans, roll
WED HAPPY HOLIDAYS
THU HAPPY HOLIDAYS
FRI HAPPY HOLIDAYS

December 21-25

- MON** HAPPY HOLIDAYS
TUE HAPPY HOLIDAYS
WED HAPPY HOLIDAYS
THU HAPPY HOLIDAYS
FRI MERRY CHRISTMAS

December 28-31

- MON** HAPPY HOLIDAYS
TUE HAPPY HOLIDAYS
WED HAPPY HOLIDAYS
THU HAPPY HOLIDAYS

December 1-4

- TUE.** - Ragin' Cajun Pizza
WED. - Sausage Calzone
THU. - Flatbread Meat Lovers Pizza
FRI. - Personal Cheese Pizza

December 7-11

- MON.** - Chicken Bacon Ranch Pizza
TUE. - Personal Veggie Pizza
WED. - Chicken & Broccoli Hot Pocket
THU. - Sausage Calzone
FRI. - Flatbread Chicken Bacon Pizza

December 14-18

- MON.** - Supreme Calzone
TUE. - Buffalo Hot Pocket
WED. - HAPPY HOLIDAYS
THU. - HAPPY HOLIDAYS
FRI. - HAPPY HOLIDAYS

December 21-25

- MON.** - HAPPY HOLIDAYS
TUE. - HAPPY HOLIDAYS
WED. - HAPPY HOLIDAYS
THU. - HAPPY HOLIDAYS
FRI. - MERRY CHRISTMAS

December 28-31

- MON.** - HAPPY HOLIDAYS
TUE. - HAPPY HOLIDAYS
WED. - HAPPY HOLIDAYS
THU. - HAPPY HOLIDAYS



Grab & Go Assorted Packaged Sandwiches & Wraps

*Choose from the following:
Grilled & Crispy Chicken Wraps
Tuna & Chicken Salad Sandwiches
Italian Hoagies, Ham, Turkey &
Cheese Sandwiches*





**FRESH MADE TO ORDER SALADS
AVAILABLE DAILY**

**Grilled or Crispy Chicken Caesar
Salad and Daily Specialty Salad**

**With your choice of toppings and
dressing:
Fresh Tomato, Cucumber, Red
Onion, Banana Peppers, Croutons
and Parmesan Cheese**

THE FRESH GRILLE

AVAILABLE DAILY

Hamburger, Cheeseburger, & Chicken Filet

December 1-4

TUE. - Fish Nuggets & Wedges / Chicken Philly
WED. - Pork Riblet Sandwich
THU. - Meatball Sub
FRI. - Chicken Poppers

December 7-11

MON. - Chicken Philly
TUE. - Spicy Chicken Sandwich
WED. - Grilled Turkey & Cheese Wrap
THU. - Monte Cristo
FRI. - Philly Cheese Steak

December 14-18

MON. - Corn Dog
TUE. - Bacon Cheeseburger
WED. - HAPPY HOLIDAYS
THU. - HAPPY HOLIDAYS
FRI. - HAPPY HOLIDAYS

December 21-25

MON. - HAPPY HOLIDAYS
TUE. - HAPPY HOLIDAYS
WED. - HAPPY HOLIDAYS
THU. - HAPPY HOLIDAYS
FRI. - MERRY CHRISTMAS

December 28-31

MON. - HAPPY HOLIDAYS
TUE. - HAPPY HOLIDAYS
WED. - HAPPY HOLIDAYS
THU. - HAPPY HOLIDAYS

Best if fresh but frozen is good too

Raw broccoli with a low fat dip makes a great snack

One of the most popular home garden vegetables because it's easy to grow

Cook by steaming, microwaving or in a stir fry

Contains lots of nutrients including vitamins C and K, potassium and folate

One half cup counts as a vegetable serving and is just 15 calories

Look for a dark green bunch with florets that are not flowering

Is known as the "crown jewel" of nutrition because it is so rich in nutrients



Balanced Choices icon denotes meals that meet strict nutrition parameters.

