



ST. PIUS X HIGH SCHOOL LUNCH MENU FEBRUARY 2012



Meal Deal \$4.50 -
Entree, Two Sides & a
20 oz. Fountain Drink
Extra Entree \$2.00

February 1-3

- WED **Meatloaf**, mashed potatoes, green beans
Fresh Vegetable of the Day: Fresh Corn
- THU **Pasta Bar**, broccoli
Fresh Vegetable of the Day: Spinach
- THU **Baked Tilapia**, yellow rice, green beans
Fresh Vegetable of the Day: Glazed Carrots

February 6-10

- MON **GA Pot Roast**, biscuits, peas
Fresh Vegetable of the Day: Corn
- TUE **Chicken Fried Steak**, rice, squash
Fresh Vegetable of the Day: Mixed Vegetables
- WED **Roasted Pork Loin**, roasted potatoes, corn muffin
Fresh Vegetable of the Day: Peas
- THU **Honey Baked Ham**, lima beans, roasted potatoes
Fresh Vegetable of the Day: Corn
- FRI **Chicken Nuggets**
Fresh Vegetable of the Day: Baby Carrots

February 13-17

- MON **Chicken or Beef Fried Rice**, Asian vegetables, egg roll
Fresh Vegetable of the Day: Spinach
- TUE **Roast Turkey**, sweet potatoes, dressing
Fresh Vegetable of the Day: Broccoli
- WED **Meatloaf**, mashed potatoes, green beans
Fresh Vegetable of the Day: Fresh Corn
- THU **Pasta w/Meat Sauce or Alfredo**
Fresh Vegetable of the Day: Mixed Vegetables
- FRI **NO SCHOOL**

February 20-24

- MON **NO SCHOOL - President's Day**
- TUE **Island Chicken & Shrimp**, steamed rice
Fresh Vegetable of the Day: Squash
- WED **Ash Wednesday - Baked Fish**
Fresh Vegetable of the Day: Squash
- THU **French Onion Chicken Breast**, wild rice
Fresh Vegetable of the Day: Fresh Peas
- FRI **Baked or Fried Fish Sandwiches**
Fresh Vegetable of the Day: Fresh Broccoli

February 27-29

- MON **Texas Beef Brisket**, chipotle baked beans, corn
Fresh Vegetable of the Day: Slaw
- TUE **Baked Chicken Parmesan**, pasta, broccoli
Fresh Vegetable of the Day: Carrots
- WED **Salisbury Steak**, rice, squash
Fresh Vegetable of the Day: Spinach



FEATURED DAILY

Fresh Baked Cheese and Meat Pizzas
\$2.00 a slice (Cheese)
\$2.25 a slice (Meat)

February 1-3

- WED. - Supreme Pizza
THU. - Chicken Bacon Ranch Pizza
FRI. - Pepperoni Calzone

February 6-10

- MON. - Brooklyn Pepperoni Flatbread
TUE. - Cheese Burger Pizza
WED. - Cheese Calzone
THU. - Supreme Pizza
FRI. - BBQ Chicken Pizza

February 13-17

- MON. - Buffalo Chicken Pizza
TUE. - White Pizza
WED. - Spinach Pizza
THU. - Supreme Calzone
FRI. - NO SCHOOL

February 20-24

- MON. - NO SCHOOL
TUE. - French Bread Pizza
WED. - Veggie Pizza
THU. - BBQ Chicken Pizza
FRI. - Cheese Calzone

February 27-29

- MON. - Supremem Pizza
TUE. - Chicken Bacon Ranch Pizza
WED. - Buffalo Chicken Pizza



**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 on
Tossed Romaine*

*Featured Daily
Specialty Salad with Your Choice of
Toppings and Dressing*

Toppings:

*Tomatoes, Cucumber, Red Onion, Banana Peppers, Croutons,
Shredded Cheese, Fresh Peppers*

Dressings:

*Butter Milk Ranch, Raspberry Vinaigrette, Caesar, Catalina, Italian,
Balsamic Vinegar, Olive Oil*



AVAILABLE DAILY

Hearty Grilled Paninis and Fresh Soups of the Day

February 1-3

MON. - Ham & Cheese Panini / Tomato Soup
TUE. - Cuban Panini / Black Bean Soup
FRI. - Steak & Cheese Panini / Stuffed Baked Potato Soup

February 6-10

MON. - Caprese Panini / Tomato Basil Bisque Soup
TUE. - Italian Panini / Beef Vegetable Soup
WED. - Chicken & Spinach Panini / Stuffed Baked Potato Soup
THU. - Turkey & Cheese Panini / Vegetable Soup
FRI. - Steak & Cheese Panini / Southwest Tortilla Soup

February 13-17

MON. - Caprese Panini / Tomato Basil Bisque Soup
TUE. - Chicken Parmesan Panini / Beef Vegetable Soup
WED. - Ham & Cheese Panini / Chicken Noodle Soup
THU. - BLT Panini / Tomato Soup
FRI. - NO SCHOOL

February 20-24

MON. - NO SCHOOL
TUE. - Cuban Panini / Black Bean Soup
WED. - Grill Cheese / Vegetable Soup
THU. - Italian Panini / Chicken Noodle Soup
FRI. - Caprese Panini / Tomato Basil Bisque Soup

February 27-29

MON. - Ham & Cheese Melt / Beef Vegetable Soup
TUE. - Chili Burger / Tomato Basil Bisque Soup
WED. - Mozzarella Cheese Sticks / Stuffed Baked Potato Soup

THE FRESH GRILLE

AVAILABLE DAILY

Hamburger, Cheeseburger, & Breaded Chicken Filet

February 1-3

MON. - Bacon Cheese Burger
TUE. - Patty Melt
WED. - Buffalo Chicken Wrap

February 6-10

MON. - Meatball Sub
TUE. - Ham and Cheese Melt
WED. - Chicken Philly Wrap
THU. - Mozzarella Cheese Sticks
FRI. - BLT Wrap

February 13-17

MON. - Turkey and Cheese Melt
TUE. - Spicy Chicken Sandwich
WED. - Gyro
THU. - 3 Slider Burgers
FRI. - NO SCHOOL

February 20-24

MON. - NO SCHOOL
TUE. - Ultimate Grilled Cheese
WED. - Grill Cheese
THU. - Philly Cheese Steak
FRI. - Fish Sandwich

February 27-29

MON. - Ham and Cheese Melt
TUE. - Chili Burger
WED. - Mozzarella Cheese Sticks

Low fat yogurt is a good source of protein and an excellent source of calcium you need for strong bones and teeth. Try plain low fat yogurt at home as a tasty topping for tacos and baked potatoes, instead of fatty sour cream.

