



ST. PIUS X HIGH SCHOOL LUNCH MENU NOVEMBER 2011



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

November 1-4

- TUE **Island Chicken and Shrimp**, steamed rice, squash
Fresh Vegetable of the Day: Broccoli
- WED **Meatloaf**, mashed potatoes, green beans
Fresh Vegetable of the Day: Fresh Corn
- THU **Herb Roasted Chicken**, sauteed broccoli & carrots
Fresh Vegetable of the Day: Fresh Green Beans
- FRI **Pasta**, meat sauce or alfredo, peas & carrots, breadstick
Fresh Vegetable of the Day: Spinach

November 7-11

- MON **Baked Lemon Pepper Tilapia**, rice, steamed vegetables
Fresh Vegetable of the Day: Broccoli
- TUE **Baked Ham**, cheddar mashed potatoes, greens
Fresh Vegetable of the Day: Fresh Corn
- WED **Hot Wings**, roasted potatoes, celery sticks
Fresh Vegetable of the Day: Fresh Green Beans
- THU **Steak Quesadilla**, Spanish rice
Fresh Vegetable of the Day: Fresh Made Pico de Gallo
- FRI **Texas Beef Brisket**, fried potatoes, peas
Fresh Vegetable of the Day: Fresh Cut Carrots

November 14-18

- MON **Island Chicken and Shrimp**, steamed rice, squash
Fresh Vegetable of the Day: Broccoli
- TUE **Roasted Turkey Breast**, stuffing, roasted potatoes
Fresh Vegetable of the Day: Fresh Green Beans
- WED **Meatloaf**, mashed potatoes, green beans
Fresh Vegetable of the Day: Fresh Corn
- THU **Oriental Chicken**, egg roll, rice
Fresh Vegetable of the Day: Stir Fry Veggies
- FRI **Pasta**, meat sauce or alfredo, peas & carrots, breadstick
Fresh Vegetable of the Day: Spinach

November 21-25

- MON **Salisbury Steak**, roasted potatoes, carrots
Fresh Vegetable of the Day: Corn
- TUE **BBQ Chicken Breast**, yellow rice, green beans
Fresh Vegetable of the Day: Lima Beans
- WED **NO SCHOOL**
- THU **NO SCHOOL**
- FRI **NO SCHOOL**

November 28-30

- MON **NO SCHOOL**
- TUE **Country Fried Steak**, mashed potatoes, corn
Fresh Vegetable of the Day: Broccoli
- WED **Baked Lemon Pepper Tilapia**, rice, steamed vegetables
Fresh Vegetable of the Day: Fresh Corn



FEATURED DAILY

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

November 1-4

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

November 7-11

MON. - Buffalo Chicken Pizza
TUE. - White Pizza
WED. - Spinach Pizza
THU. - Supreme Calzone
FRI. - French Bread Pizza

November 14-18

MON. - Supreme Flatbread Pizza
TUE. - Hawaiian Pizza
WED. - Supreme Pizza
THU. - Chicken Bacon Ranch Pizza
FRI. - Pepperoni Calzone

November 21-25

MON. - Buffalo Chicken Pizza
TUE. - Cheese Burger Pizza
WED. - NO SCHOOL
THU. - NO SCHOOL
FRI. - NO SCHOOL

November 28-30

MON. - NO SCHOOL
TUE. - French Bread Pizza
WED. - Brooklyn Pepperoni Flatbread



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

November 1-4

TUE. - Ham & Cheese Panini / Tomato Soup
WED. - Cuban Panini / Black Bean Soup
THU. - Steak & Cheese Panini / Stuffed Baked Potato Soup
FRI. - Chicken Parmesan Panini / Beef Vegetable Soup

November 7-11

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

November 14-18

MON. - Ham & Cheese Panini / Chicken Noodle Soup
TUE. - Cuban Panini / Black Bean Soup
WED. - Italian Panini / Vegetable Soup
THU. - Turkey & Cheese Panini / Vegetable Soup
FRI. - BLT Panini / Chicken Noodle Soup

November 21-25

MON. - Caprese Panini / Tomato Basil Bisque Soup
TUE. - Meatball Panini / Beef Vegetable Soup
WED. - NO SCHOOL
THU. - NO SCHOOL
FRI. - NO SCHOOL

November 28-30

MON. - NO SCHOOL
TUE. - Caprese Panini / Tomato Basil Bisque Soup
WED. - Chicken & Spinach Panini / Stuffed Baked Potato Soup

THE FRESH GRILLE

AVAILABLE DAILY

Hamburger, Cheeseburger, & Breaded Chicken Filet

November 1-4

TUE. - Bacon Cheeseburger
WED. - Patty Melt
THU. - Buffalo Chicken Wrap
FRI. - Meatball Sub

November 7-11

MON. - Turkey & Cheese Melt
TUE. - Spicy Chicken Sandwich
WED. - Chili Burger
THU. - 3 Slider Burgers
FRI. - Grilled Chicken Wrap

November 14-18

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

November 21-25

MON. - Texas Burger
TUE. - Aloha Burger
WED. - NO SCHOOL
THU. - NO SCHOOL
FRI. - NO SCHOOL

November 28-30

MON. - NO SCHOOL
TUE. - BBQ Chicken Sandwich
WED. - Philly Cheese Steak

Carrots are an excellent source of Vitamin A needed for healthy eyesight, skin, growth, and fighting infection. Their sweet taste makes them a great snack when eaten raw and a tasty addition to a variety of cooked dishes.

