Fox Valley Lutheran High School
Food Court Menu

September 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Classic Cafe Includes Fruit and Vegetable Bar and Milk $3.25			1 Chicken Patty on Wheat Bun, Sweet Potato Fries, Coleslaw	2 Cheese Bread with Marinara Sauce, Broccoli Salad	3 No School
	6 Labor Day No School	7 Carne Italiano Stromboli, Caesar Salad, Chocolate Chip Cookie	8 Chicken Nuggets, Mashed Potatoes, Gravy, Broccoli, Wheat Bread	9 Homemade Patty Melt, Oven Fries, Cucumber Ranch Salad	10 Turkey Tetrazzini, Garden Tossed Salad
	13 Parmesan Crusted Fish Fillet, Butter Noodles, Peas, Wheat Roll	14 Chicken Divan, Whole Grain Pasta, Sliced Wheat Bread	15 Meat Loaf, Mashed Potatoes, Gravy, Green Beans, Wheat Dinner Roll	16 Eggs Benedict, Breakfast Potato Casserole, Fresh Fruit Salad	17 Grilled Ham & Cheese Sandwich, Sweet Potato Wedges
	20 Barbeque Chicken Legs, Potato Salad, Corn, Wheat Dinner Roll	21 Spaghetti with Meat Sauce, Popeye Salad, Garlic Toast	22 Tex Mex Pork over Rice, Corn & Bean Salsa, Whole Grain Bread	23 Homemade Turkey Hot Pocket, Garden Salad	24 Chicken Tenders, Baked Potato Half, Vegetable Medley
	27 Southwestern Burger, Pico de Gallo, Potato Oles	28 Lasagna Primavera, Italian Salad, Whole Grain Bread	29 Roasted Cider Pork, Baby Red Potatoes, Green Beans, Wheat Roll	30 Homemade French Toast, Scrambled Eggs, Cinnamon Apples	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza Parlor Includes Fruit and Vegetable Bar and Milk $3.25	Pizza by the Slice Cheese Pepperoni	Pizza by the Slice Cheese Sausage	Pizza by the Slice Cheese Pepperoni	Personal Pizza or Calzones Cheese Pepperoni	Pizza by the Slice Cheese Pepperoni Specialty

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grill Station Diner Includes Fruit and Vegetable Bar and Milk $3.25	Includes Fries Cheeseburger on a Bun	Includes Fries Grilled Chicken on a Bun Crispy Chicken on a Bun	Includes Fries Cheeseburger on a Bun	Includes Fries BBQ Rib on a Bun	Specialty Sandwiches Bacon Double Cheeseburger Chicken, Cheese and BBQ BBQ Bacon Cheeseburger

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choices Includes Fruit and Vegetable Bar and Milk $3.25			1 Southwestern Salad Italian Sub	2 Chef Salad Chicken Wrap	3 No School
	6 Labor Day No School	7 Popeye Salad Buffalo Chicken Wrap	8 Taco Salad Slider Combo	9 Crispy Chicken Salad Turkey Ranch Wrap	10 Cobb Salad Yogurt Pak
	13 Craving Chicken Salad Chicken Salad on Wheat Bun	14 Tuna Nicoise Turkey Sub	15 Southwestern Salad Italian Sub	16 Chef Salad Chicken Wrap	17 Oriental Chicken Salad Yogurt Pak
	20 Chicken Caesar Salad Ham & Cheese Sandwich	21 Popeye Salad Buffalo Chicken Wrap	22 Taco Salad Slider Combo	23 Crispy Chicken Salad Turkey Ranch Wrap	24 Cobb Salad Yogurt Pak
	27 Craving Chicken Salad Chicken Salad on Wheat Bun	28 Tuna Nicoise Turkey Sub	29 Southwestern Salad Italian Sub	30 Chef Salad Chicken Wrap	Oriental Chicken Salad Yogurt Pak

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chef's Choice Includes Fruit and Vegetable Bar and Milk $3.50	Taste of Mexico Enchiladas Fish Tacos Build Your Own Burrito Entrees accompanied with Black Beans and Mexican Rice.	Chef Rae Chef Rae will display entrees from around the globe. Listen for Daily Announcements!	Made to Order Sub Fresh Baked White or Wheat Roll Ham or Turkey Swiss or American Cheese Lettuce, Tomatoes, Pickles Onions, Peppers, Mayonnaise, Black Olive, Banana Peppers	Chicken Express Popcorn Chicken Chicken Tenders Mashed Potatoes with Gravy Warm Roll	Pasta Bar Rotini, Penne or Spaghetti Your Choice of Chicken, Meatballs, Meat Sauce or Alfredo Sauce Parmesan Cheese Warm Breadstick

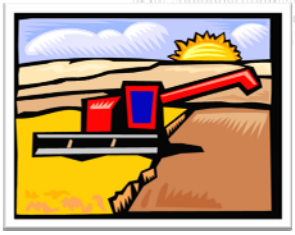
Free & Reduced-Meal forms can be obtained from all building offices at any time throughout the school year.

SEPTEMBER
HARVEST OF THE MONTH

Heirloom Tomato — Melons — Basil

Milk Choice of 1%, Skim and 1% Chocolate are included with Lunch

For for additional information, contact Rae Deadman Foodservice Director at (920) 560-5180

FOOD 4 Thought

It takes about 2 million flower visits by honeybees to produce 1 pound of honey!