



**MONACA JUNIOR/SENIORHIGH SCHOOL BREAKFAST/LUNCH MENU
MAY, 2010**



Pizza

Cheese & Pepperoni Pizza
Available Daily

Chicken Sandwiches

Grilled Chicken
Breaded Chicken

Burgers

Hamburgers & Cheeseburgers
BBQ Rib Patty Sandwich
Available Daily

All are served with a choice of
vegetable, fruit and milk.



Hoagies & Wraps

Italian Hoagies,
Ham & Turkey Wraps prepared with a
variety of flour tortillas.
Each Deli Entrée is served with choice of
vegetable, fruit and milk.

SALAD

A Vegetable Salad is available daily &
offers a variety of fresh vegetables,
cheese, & assorted salad toppings.
Low Fat & Reduced Calorie Dressings
are also available.

All Salads offered daily with a choice of
bread, fruit, and low fat milk.

Food Service Director

Debbie Fontana
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e-mail: dfontana@centralvalleysd.org



**5/3—Cheese Steak Sandwich, Tator Tots, Buttered Peas, Pudding w/
topping**

5/4—Mexican Pizza, Noodles, Steamed Broccoli, Apple Crisp

5/5—Pasta w/ Meatballs, Wheat Roll, Tossed Salad

**5/6—Popcorn Chicken Bowl, Whipped Potatoes w/ gravy,
Seasoned Corn, Bread Stick**

**5/7— Bacon Cheeseburger or Western Style Grilled Chicken
& Cheese Sandwich, Macaroni & Cheese, Seasoned Green Beans**

5/10—Soft Taco, Steamed Rice, Glazed Carrots, Juice Bar

5/11— Spicy Chicken Wrap, Oven Baked Fries, Buttered Corn

5/12— Meatball Hoagie, Linguine w/ broccoli, Tossed Salad

5/13— Pizza Sticks w/ dipping sauce, Noodles, Steamed Peas

5/14 - No School

5/17 - Mexican Pizza, Steamed Rice, Seasoned Green Beans

**5/18—Chicken Rings, Bread Stick, Tator Tots, Glazed Carrots,
Jell-o w/ topping**

**5/19—Roast Turkey, Whipped Potatoes w/ gravy, Bread Stuffing,
Buttered Corn, Wheat Roll**

5/20—Chicken or Steak Salad w/ Bread Stick, Oven Baked Fries

**5/21— Fish Sandwich OR Tuna Salad Sandwich, Macaroni & cheese,
Seasoned Green Beans, Juice Bar**

**5/24— Gyro w/ lettuce, tomatoes & sauce, Tator Tots, Seasoned Peas,
Pudding w/ topping**

**5/25—Popcorn Chicken, Whipped Potatoes w/ gravy, Bread Stick,
Buttered Corn**

5/26 - Nacho Grande, Steamed Broccoli, Juice Bar

5/27 - Pasta w/ Meatballs, Wheat Roll, Tossed Salad

5/28 —Chicken Tenders, Macaroni & Cheese, Glazed Carrots

5/31 —Memorial Day—No School

6/1 - Hot Dog w/ Toppings, Curly Fries, Steamed Broccoli, Juice Bar

6/2 - Soft Taco, Steamed Rice, Glazed Carrots

6/3 - Chicken Nuggets w/ Bread stick, Oven Baked Fries, Seasoned Peas

**6/4 - Pizza Sticks w/ dipping sauce or Tuna Salad Sandwich,
Whipped Potatoes w/ gravy, Buttered Corn, Sherbet**

Lunch includes choice of bread, vegetable, fruit, 100% fruit juice
& low fat milk.

Fresh fruit, 100% fruit juice & fresh vegetable varieties
available daily.



Available daily:

Choice Of:

Assorted Whole Grain Cereal
with Toast

Or Choice of:

French Toast Sticks w/ Syrup
Sausage Cheese Muffin
Sausage Egg & Cheese Muffin
Breakfast Pizza
Pizza Pocket
Flapstick

Breakfast is served with choice
of Fruit, 100% Fruit Juice and
Low Fat Milk

Breakfast Price

**Paid \$1.25 Reduced \$0.30
Adult \$2.25**

All Menus Subject to Change



We offer 2% White, Skim,
and Low Fat flavored milk daily.

Lunch Prices - Paid - \$2.00
Reduced - \$.40
Adult - \$3.25