

Parker Jr. High School À la Carte Menu

February 2012



À la Carte Menu

Offered Daily

- ◆ Grilled Chicken Breast on a Whole Wheat Bun
- ◆ Reduced-fat, Whole Grain Bosco
- ◆ Hand-crafted Wraps
- ◆ Rainbow Variety Bar
- ◆ Specialty Salads
- ◆ Cold Deli Sandwich on a Fresh-baked Ciabatta Roll
- ◆ Yogurt
- ◆ Fresh Fruit
- ◆ Home-style Soup
- ◆ **Milk**
Skim and 1% Milk with no artificial growth hormones or antibiotics

Ask about other À la Carte Specials

- ◆ Cheeseburgers
- ◆ Hot Pretzels
- ◆ Hot Dogs
- ◆ Baked Spicy Chicken Chicken Sandwich on a Whole-Wheat Bun

This menu is not a part of the National School Lunch Program

Monday	Tuesday	Wednesday	Thursday	Friday
		February 1 All American Cheeseburger on a Whole-Wheat Bun	February 2 Chicken Fajitas with Spanish Rice	February 3 Sloppy Joe on a Whole Wheat Bun Tossed Salad
February 6 Cheese Ravioli with Homemade Marinara Sauce Hot Vegetable	February 7 PIZZA Individual Bosco Whole-wheat Cheese Pizza	February 8 All Beef Hot Dog on a Wheat Bun Hot Vegetable	February 9 Beef Tacos on Ultragrain Tortillas Garnish Cup Salsa	February 10 Chicken Quesadilla Tossed Salad Fruit Cup
February 13 BBQ Chicken Sandwich on a Whole Wheat Bun Hot Vegetable	February 14 PIZZA Individual Bosco Whole-wheat Cheese Pizza 	February 15 Oven-baked Home-style Chicken Tenders Hot Vegetable	February 16 Stuffed Shells Garlic Bread Hot Veggies	February 17 Kansas City BBQ Beef on a Kaiser Roll Hot Vegetable
February 20 No School Presidents' Day	February 21 PIZZA Individual Bosco Whole-wheat Cheese Pizza	February 22 Southwestern Chicken Salad with Tortilla Chips and Southwest Dressing	February 23 Ranch or Buffalo Chicken Wraps	February 24 Chicago Style Italian Beef on a Whole Wheat Roll Hot Vegetable
February 27 Teriyaki Chicken served with Brown Rice	February 28 PIZZA Individual Bosco Whole-wheat Cheese Pizza	February 29 All American Cheeseburger on a Whole-Wheat Bun	Color Me Green This month, we are going green with fruits and veggies. Green produce promotes vision health, supports strong bones and teeth, and helps to lower your risk of some cancers. Vegetables and fruits in this color group include green beans, broccoli, and green pears. In March, we'll talk about the blue/purple group.	

À LA CARTE SPECIAL \$3.
INCLUDES SALAD BAR OR HOT VEGETABLE AND FRESH FRUIT

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Note: Menu is subject to change based on availability and quality of food items
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