

LUNCH PRICES

Value Lunch \$3.25
 Premium Lunch \$4.25
 Entrée \$2.00
 Premium Item \$2.75



**SETON LASALLE
 LUNCH MENU
 August/September 2011**



OFFERED DAILY

UP FOR GRABS
 A Selection of Salads and Deli Sandwiches

SALAD BAR
 Mixed Greens with Variety of Toppings and Dressings

DELI CORNER
 Made to order Hoagies, Sandwiches and Wraps

Soup Served Daily
 May include:
 Wedding Broccoli
 Potato-Bacon
 Chicken Noodle...and more



PLEASE CHOOSE AT LEAST 3 OF THE 5 ITEMS FOR THE **SCHOOL LUNCH PRICE:** ENTRÉE, CHOICE OF TWO FRUITS AND/OR VEGETABLES, CHOICE OF DRINK.

Fruit Choice May Include :
 Fresh Fruit, Canned Fruit, Fruited Gelatin, Fruit Cobbler, and Fruit Juice

Vegetable Choices May Include :
 Hot Vegetables, Tossed Salad, Potato Salad, Cole Slaw, Carrot Sticks, Celery Sticks, Oven Fries & Tater Tots


ALL BEVERAGES ARE NON-CARBONATED!!

MENU SUBJECT TO CHANGE!

Ed Pockl
 DIRECTOR, DINING SERVICES
 412-561-3583 ext. 122



MyPyramid.gov
 Steps to a healthier you!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>29 Signature Entrées Sloppy Joe Sandwich Chicken Patty J Clark's Grille P-10 in. Cheesesteak Hoagie Featured Fruit & Veggie Corn</p>	<p>30 Signature Entrées Buffalo Chicken Sandwich Hamburger or Cheeseburger J Clark's Grille P-Chicken Tenders Featured Fruit & Veggie Green Beans</p>	<p>31 Signature Entrées Ham and Cheese Hoagie Chicken Patty J Clark's Grille P-10 in. Buffalo Chicken Pizza Featured Fruit & Veggie Carrots</p>	<p>1 Signature Entrées Hot Turkey Sandwich Hamburger or Cheeseburger J Clark's Grille P-General Tso's Featured Fruit & Veggie Broccoli</p>	<p>2 Signature Entrées Pierogies Chicken Patty J Clark's Grille P-Homemade Pizza Featured Fruit & Veggie Green Beans</p>
<p>5 </p>	<p>6 Signature Entrées Popcorn Chicken Hamburger or Cheeseburger White Pizza J Clark's Grille P-Chicken Alfredo Pasta Featured Fruit & Veggie Broccoli</p>	<p>7 Signature Entrées Bacon Cheeseburger Chicken Patty J Clark's Grille P-Chicken Alfredo Pizza Featured Fruit & Veggie Carrots</p>	<p>8 Signature Entrées Macaroni and Cheese Hamburger or Cheeseburger J Clark's Grille P-Chicken Tacos Featured Fruit & Veggie Corn</p>	<p>9 Signature Entrées Pasta w/ Breadsticks Chicken Patty J Clark's Grille P-Homemade Pizza Featured Fruit & Veggie Green Beans</p>
<p>12 Signature Entrées Beef Macaroni Chicken Patty J Clark's Grille Hot Sausage Hoagie Featured Fruit & Veggie Corn</p>	<p>13 Signature Entrées Chicken Snack Wrap Hamburger or Cheeseburger J Clark's Grille P- Gyros Featured Fruit & Veggie Carrots</p>	<p>14 Signature Entrées Ragin' Burger Chicken Patty J Clark's Grille P-Carnivore Pizza Featured Fruit & Veggie Green Beans</p>	<p>15 Signature Entrées Pulled Pork Hamburger or Cheeseburger J Clark's Grille P- Teriyaki Chicken Sandwich Featured Fruit & Veggie Broccoli</p>	<p>16 Signature Entrées Grilled Cheese Chicken Patty J Clark's Grille P-Homemade Pizza Featured Fruit & Veggie Corn</p>
<p>19 Signature Entrées Meatball Sub Chicken Patty J Clark's Grille P-Pulled Pork Nachos Featured Fruit & Veggie Broccoli</p>	<p>20 Signature Entrées Hawaiian Chicken Sandwich Hamburger or Cheeseburger White Pizza J Clark's Grille P- Cheese Sticks Featured Fruit & Veggie Carrots</p>	<p>21 Signature Entrées Rib Sandwich Chicken Patty J Clark's Grille P-Hawaiian Pizza Featured Fruit & Veggie Broccoli</p>	<p>22 Signature Entrées Chicken Pot Pie Hamburger or Cheeseburger J Clark's Grille P- 10 in. Italian Hoagie Featured Fruit & Veggie Corn</p>	<p>23 Signature Entrées Spaghetti & Meatballs Chicken Patty J Clark's Grille P-Homemade Pizza Featured Fruit & Veggie Green Beans</p>
<p>26 Signature Entrées Corn Dogs Chicken Patty J Clark's Grille P-Roast Beef Sandwich Featured Fruit & Veggie Corn</p>	<p>27 Signature Entrées Chicken Club Sandwich Hamburger or Cheeseburger J Clark's Grille P- Buffalo Chicken Wrap Featured Fruit & Veggie Broccoli</p>	<p>28 Signature Entrées Chili Cheese Dogs Chicken Patty J Clark's Grille P-5 Cheese Pizza Featured Fruit & Veggie Carrots</p>	<p>29 Signature Entrées Chicken Quesadilla Hamburger or Cheeseburger J Clark's Grille P- Pizza Steak Hoagie Featured Fruit & Veggie Broccoli</p>	<p>30 Signature Entrées Pepperoni and Cheese Hoagie Chicken Patty J Clark's Grille P-Homemade Pizza Featured Fruit & Veggie Green Beans</p>

NUTRITIONAL DEFINITION OF THE MONTH:
 Dietary Fiber - A nutrient found in many fruits, substitute fruit juice with whole or cut-up fruit for your daily fiber needs.

The Metz Culinary Management Team Wishes
 Good Luck to all the Fall Sports Teams!!!

PIZZA
MONDAY
 Pepperoni and Cheese
TUESDAY
 White
WEDNESDAY
 Specialty Pizza
THURSDAY
 Pepperoni and Cheese
FRIDAY
 Homemade