



# Seton LaSalle High School LUNCH MENU February 2012

View your Students Account On-line at [www.PayForIt.net](http://www.PayForIt.net)



## Lunch Prices

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

	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
	Chicken Snack Wrap  Chicken Patty  Broccoli	Hot Turkey Sandwich  Hamburger or Cheeseburger  Green Beans	6 in. Meatball Hoagie  Chicken Patty  Carrots	Pulled Pork Sandwich  Hamburger or Cheeseburger  Green Beans	Hot Taco Wrap  Chicken Patty  Corn
	Pepperoni  Cheese Pizza	White Pizza	Cajun Chicken Pizza	Pepperoni Pizza  Cheese Pizza	Homemade Cheese
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
<b>Green Scene</b> offerings may include: Salad Mix, Tomatoes, Cucumbers, Croutons, Cheese, Broccoli, Cauliflower, Chopped Eggs, Chickpeas, Peppers, Onions, Carrots, Beets, Diced Meat, Green Peas and Salad Dressings					
	Nachos Grande	Buffalo Chicken Tenders	X	Mashed Potato Bowl	X
<b>J. Clark's Grille</b> offerings may include: Hot Dog, Hamburgers, Cheese Burgers, Chicken Patty Sandwich, Grilled Chicken Sandwich, Chicken Fritters, Popcorn Chicken, Cheese Steak, Spicy Chicken Sandwich and much more...					
	Pepperoni Provolone Sub	Ham and Cheese Sub	Turkey and Cheese Sub	Italian Sub	Pepperoni Provolone Sub
	Turkey Bacon Cheddar Wrap	Garden Vegetable Wrap	Grilled Chicken Wrap	Ham and Cheese Wrap	Turkey Bacon Cheddar Wrap
	Applesauce	Mandarin Oranges	Pineapple Chunks	Mandarin Oranges	Applesauce
	Wedding Soup	Potato Soup	Wedding Soup	Chili	Chicken Noodle Soup
	Broccoli Soup	Broccoli Soup	Wedding Soup	Potato Soup	Chili
<b>Up For Grabs</b> features daily offerings such as: Salads, Wraps, Sandwiches and Hoagies, Parfaits, Fruits, Vegetables, Bottled Water, Sport Drinks, Juices, Bagged Snacks, etc.					

## What is a School Meal?

Choose at least 3 of 5 items from the following: Entrée, Choice of two fruits and/or Vegetables, and choice of drink.

Milk Choices:  
1% White  
Non-fat Chocolate

Vegetable Choices May Include:  
Carrot & Celery Sticks, Broccoli, Tossed Salad, Potato Salad, Cole Slaw, and much more....

Fruit Choices May Include:  
Apples, Oranges, Bananas, Peaches, Applesauce, Pineapple, Fruit Cocktail, Fruited Gelatin, Fruit Juice, and much more...



Ed Pockl, Food Service Director, Metz School Services, 412-561-3583 ext. 122

Menu Subject to Change!



# Seton LaSalle High School LUNCH MENU February 2012



[View your Students Account On-line at www.PayFort.net](http://www.PayFort.net)

### Lunch Prices

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

	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
	Sloppy Joe Sandwich  Chicken Patty  Broccoli	Pasta  Hamburger or Cheeseburger  Green Beans	Italian Hoagie  Chicken Patty  Carrots	Popcorn Chicken  Hamburger or Cheeseburger  Green Beans	Chili Cheese Dog  Chicken Patty  Corn
	Pepperoni  Cheese Pizza	White Pizza	Pierogi Pizza	Pepperoni Pizza  Cheese Pizza	Homemade Cheese
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
<b>Green Scene</b> offerings may include: Salad Mix, Tomatoes, Cucumbers, Croutons, Cheese, Broccoli, Cauliflower, Chopped Eggs, Chickpeas, Peppers, Onions, Carrots, Beets, Diced Meat, Green Peas and Salad Dressings					
	Chicken Tenders	Cheese Sticks	X	Roast Beef Sandwich	X
<b>J. Clark's Grille</b> offerings may include: Hot Dog, Hamburgers, Cheese Burgers, Chicken Patty Sandwich, Grilled Chicken Sandwich, Chicken Fritters, Popcorn Chicken, Cheese Steak, Spicy Chicken Sandwich and much more...					
	Pepperoni Provolone Sub	Ham and Cheese Sub	Turkey and Cheese Sub	Italian Sub	Pepperoni Provolone Sub
	Turkey Bacon Cheddar Wrap	Garden Vegetable Wrap	Grilled Chicken Wrap	Ham and Cheese Wrap	Turkey Bacon Cheddar Wrap
	Applesauce	Mandarin Oranges	Pineapple Chunks	Mandarin Oranges	Applesauce
	Wedding Soup	Potato Soup	Wedding Soup	Chili	Chicken Noodle Soup
<b>Up For Grabs</b> features daily offerings such as: Salads, Wraps, Sandwiches and Hoagies, Parfaits, Fruits, Vegetables, Bottled Water, Sport Drinks, Juices, Bagged Snacks, etc.					

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1% White  
Non-fat Chocolate

Vegetable Choices May Include:  
Carrot & Celery Sticks, Broccoli, Tossed Salad, Potato Salad, Cole Slaw, and much more....

Fruit Choices May Include:  
Apples, Oranges, Bananas, Peaches, Applesauce, Pineapple, Fruit Cocktail, Fruited Gelatin, Fruit Juice, and much more...



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	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
	<b>No School - President's Day</b>	Chicken Jambalaya  Hamburger or Cheeseburger  Broccoli	Pierogies  Chicken Patty  Corn	Corn Dog  Hamburger or Cheeseburger  Green Beans	Macaroni and Cheese  Chicken Patty  Broccoli
		White Pizza	Five Cheese Pizza	Pepperoni Pizza  Cheese Pizza	Homemade Cheese
		Salad Bar	Salad Bar	Salad Bar	Salad Bar
<b>Green Scene</b> offerings may include: Salad Mix, Tomatoes, Cucumbers, Croutons, Cheese, Broccoli, Cauliflower, Chopped Eggs, Chickpeas, Peppers, Onions, Carrots, Beets, Diced Meat, Green Peas and Salad Dressings					
		Muffaletta	X	General Tso's	X
<b>J. Clark's Grille</b> offerings may include: Hot Dog, Hamburgers, Cheese Burgers, Chicken Patty Sandwich, Grilled Chicken Sandwich, Chicken Fritters, Popcorn Chicken, Cheese Steak, Spicy Chicken Sandwich and much more...					
		Pepperoni Provolone Sub	Italian Sub	Turkey and Cheese Sub	Pepperoni Provolone Sub
		Ham and Cheese Wrap	Grilled Chicken Wrap	Garden Vegetable Wrap	Turkey Bacon Cheddar Wrap
		Mandarin Oranges	Pineapple Chunks	Mandarin Oranges	Applesauce
		Potato Soup	Wedding Soup	Broccoli Soup	Chicken Noodle Soup
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1% White  
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**Vegetable Choices May Include:**  
Carrot & Celery Sticks, Broccoli, Tossed Salad, Potato Salad, Cole Slaw, and much more....

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	Monday 27	Tuesday 28	Wednesday 29	Thursday 1	Friday 2
	Tacos  Chicken Patty  Broccoli	Cajun Chicken Sandwich  Hamburger or Cheeseburger  Green Beans	Pizza Bagel  Chicken Patty  Carrots	Spicy Chicken Patty  Hamburger or Cheeseburger  Green Beans	Grilled Cheese  Chicken Patty  Corn
	Pepperoni  Cheese Pizza	White Pizza	Macaroni and Cheese Pizza	Pepperoni Pizza  Cheese Pizza	Homemade Cheese
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
<b>Green Scene</b> offerings may include: Salad Mix, Tomatoes, Cucumbers, Croutons, Cheese, Broccoli, Cauliflower, Chopped Eggs, Chickpeas, Peppers, Onions, Carrots, Beets, Diced Meat, Green Peas and Salad Dressings					
	Double Cheeseburger	Pepperoni Rolls	X	Italian Dunkers	X
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	Pepperoni Provolone Sub	Ham and Cheese Sub	Turkey and Cheese Sub	Italian Sub	Pepperoni Provolone Sub
	Turkey Bacon Cheddar Wrap	Garden Vegetable Wrap	Grilled Chicken Wrap	Ham and Cheese Wrap	Turkey Bacon Cheddar Wrap
	Applesauce	Mandarin Oranges	Pineapple Chunks	Mandarin Oranges	Applesauce
	Wedding Soup	Potato Soup	Wedding Soup	Chili	Chicken Noodle Soup
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