








# Seton LaSalle High School LUNCH MENU January 2012



### Lunch Prices

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

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

	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
		Buffalo Chicken Sandwich	Turkey Club	Pasta w/ Breadstick	BBQ Burger
		Hamburger or Cheeseburger	Chicken Patty	Hamburger or Cheeseburger	Chicken Patty
		Broccoli	Green Beans	Carrots	Corn
		White Pizza	Meatball Pizza	Pepperoni Pizza	Homemade Cheese
				Cheese Pizza	
		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				
		Wings	X	Chicken Tenders	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...			
		Turkey and Cheese Sub	Italian Sub	Ham and Cheese Sub	Pepperoni Provolone Sub
		Ham and Cheese Wrap	Buffalo Chicken Wrap	Garden Vegetable Wrap	Turkey Bacon Cheddar Wrap
		Mandarin Oranges	Peach Slices	Mandarin Oranges	Applesauce
		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!**








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	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
	Steak and Cheese Hoagie  Chicken Patty  Carrots	Mid-Semester Exams - No Lunch Periods			
	Pepperoni  Cheese Pizza				
	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				
	Buffalo Chicken Tenders  <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...	X			
	Pepperoni Provolone Sub Turkey Bacon Cheddar Wrap  Peach Slices  Potato 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.				

### 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...



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	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
		Chicken Snack Wrap  Hamburger or Cheeseburger  Broccoli	Tacos  Chicken Patty  Corn	Popcorn Chicken  Hamburger or Cheeseburger  Green Beans	Pierogies  Chicken Patty  Broccoli
		White Pizza	BBQ Chicken w/ Bacon 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					
		General Tso's	X	Meatball Torpedoes	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
<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...



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	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
	Meatball Hoagie  Chicken Patty  Broccoli	Turkey and Cheese Hoagie  Hamburger or Cheeseburger  Green Beans	Hot Ham and Cheese Hoagie  Chicken Patty  Carrots	Chicken Quesadilla  Hamburger or Cheeseburger  Green Beans	BBQ Rib Sandwich  Chicken Patty  Corn
	Pepperoni  Cheese Pizza	White Pizza	Carnivore 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					
	Sausage and Pepper Pasta	Italian Dunkers	X	Chicken Skewers	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.					

### What is a School Meal?

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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...



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	Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3
	Chicken Club Sandwich  Chicken Patty  Carrots	Chicken Tacos  Hamburger or Cheeseburger  Corn	Corn Dog  Chicken Patty  Green Beans	Cajun Chicken Sandwich  Hamburger or Cheeseburger  Broccoli	Grilled Cheese  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					
	10 in. Steak and Cheese	Pepperoni Rolls	X	General Tso's	X
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	Pepperoni Provolone Sub	Turkey and Cheese Sub	Turkey and Cheese Sub	Italian Sub	Pepperoni Provolone Sub
	Turkey Bacon Cheddar Wrap	Ham and Cheese Wrap	Grilled Chicken Wrap	Garden Vegetable Wrap	Oriental Chicken Wrap
	Applesauce	Mandarin Oranges	Peach Slices	Mandarin Oranges	Applesauce
	Wedding Soup	Chili	Wedding Soup	Potato Soup	Tomato Soup
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**Vegetable Choices May Include:**  
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Apples, Oranges, Bananas, Peaches, Applesauce, Pineapple, Fruit Cocktail, Fruited Gelatin, Fruit Juice, and much more....



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