



Seton La Salle High School LUNCH MENU November 2011



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

	Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
		Cajun Chicken Sandwich Chicken Patty Corn	Pizza Squares Chicken Patty Green Beans	Pasta w/ Breadstick Chicken Patty Broccoli	Cheese Ravioli Chicken Patty Corn
		White Pizza	Buffalo Chicken Pizza	Pepperoni Pizza Cheese Pizza	Homemade Pizza White Pizza
		Salad Bar	Salad Bar	Salad Bar	Salad Bar
Green Scene 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 Wraps	X	Meatball Torpedoes	X
J. Clark's Grille 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	Pepperoni Provolone Sub	Ham and Cheese Sub
		Pepperoni Provolone Wrap	Cajun Chicken Wrap	Ham and Cheese Wrap	Turkey Bacon Cheddar Wrap
		Pineapple Chunks	Peach Slices	Apple Sauce	Mandarin Oranges
		Broccoli Soup	Wedding Soup	Chicken Noodle Soup	Tomato Soup
Up For Grabs 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 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
	Chili Cheese Dog Chicken Patty Carrots	Chicken Tacos Hamburger or Cheeseburger Broccoli	BBQ Burger Chicken Patty Corn	Hot Turkey Sandwich Hamburger or Cheeseburger Corn	Fish Sandwich Chicken Patty Green Beans
	Pepperoni Cheese Pizza	White Pizza	Spinach Pizza	Pepperoni Pizza Cheese Pizza	Homemade Cheese White Pizza
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Green Scene 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	Italian Dunkers	X	Mozzarella Sticks	X
J. Clark's Grille 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	Turkey and Cheese Sub	Italian Sub	Salami and Cheese Sub	Ham and Cheese Sub
	Turkey Bacon Cheddar Wrap	Pepperoni Provolone Wrap	Taco Wrap	Ham and Cheese Wrap	Turkey Bacon Cheddar Wrap
	Mandarin Oranges	Pineapple Chunks	Peach Slices	Apple Sauce	Mandarin Oranges
	Wedding Soup	Chili	Chicken Pastini	Potato Soup	Tomato Soup
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Fruit Choices May Include:
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November 14
National Pickle Day
Pickle Appreciation Day





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	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
	Nachos w/ Cheese Chicken Patty Green Beans	Country Fried Steak Hamburger or Cheeseburger Corn	Tacos Chicken Patty Broccoli	Thanksgiving Dinner	Pierogies Chicken Patty Broccoli
	Pepperoni Cheese Pizza	White Pizza	Ranchero Pizza	Thanksgiving Dinner	Homemade Cheese White Pizza
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
	Green Scene 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	Pepperoni Rolls	X		X
	J. Clark's Grille 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	Pepperoni and Cheese Sub		Ham and Cheese Sub
	Pepperoni Provolone Wrap	Turkey Bacon Cheddar Wrap	Turkey Bacon Cheddar Wrap		Oriental Chicken Wrap
	Pineapple Chunks	Apple Sauce	Peach Slices		Mandarin Oranges
	Potato Soup	Chicken Noodle Soup	Wedding Soup	Broccoli Soup	Tomato Soup
	Up For Grabs 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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 Vegetable Choices May Include:
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 Fruit Choices May Include:
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	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
	BBQ Pork Sandwich Chicken Patty Corn	BBQ Rib Sandwich Hamburger or Cheeseburger Broccoli	<h2 style="color: blue;">Thanksgiving Break</h2>		
	Pepperoni Cheese Pizza	White Pizza			
	Salad Bar	Salad Bar			
Green Scene 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					
	Cloud Burger	Turkey, Mashed Potatoes, Gravy, Corn			
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	Turkey and Cheese Sub	Pepperoni and Cheese Sub			
	Pepperoni Provolone Wrap	Ham and Cheese Wrap			
	Apple Sauce	Mandarin Oranges			
	Potato Soup	Wedding Soup			
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	Thanksgiving Break	Chicken Snack Wrap Hamburger or Cheeseburger Green Beans	Bacon Cheeseburger Chicken Patty Corn	Popcorn Chicken Hamburger or Cheeseburger Broccoli	Grilled Cheese Chicken Patty Carrots
		White Pizza	Five Cheese Pizza	Pepperoni Pizza Cheese Pizza	Homemade Cheese White Pizza
		Salad Bar	Salad Bar	Salad Bar	Salad Bar
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		Loaded Fries	X	General Tso's Chicken	X
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