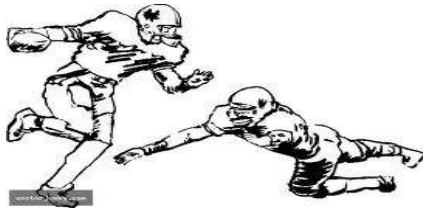


LUNCH PRICES

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



**SETON LASALLE
LUNCH MENU
October 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
3 Signature Entrées BBQ Bacon Burger Chicken Patty J Clark's Grille P- Mozzarella Sticks Featured Fruit & Veggie Corn	4 Signature Entrées Tacos Hamburger or Cheeseburger J Clark's Grille P- Chicken Tenders Featured Fruit & Veggie Green Beans	5 Signature Entrées Corn Dogs Chicken Patty J Clark's Grille P- Macaroni and Cheese Pizza Featured Fruit & Veggie Carrots	6 Signature Entrées Mac and Cheese Hamburger or Cheeseburger J Clark's Grille P- Italian Dunkers Featured Fruit & Veggie Broccoli	7 Signature Entrées Cheese Ravioli Chicken Patty J Clark's Grille P- Homemade Pizza Featured Fruit & Veggie Green Beans
10 Signature Entrées Meatloaf Chicken Patty J Clark's Grille P- 10 in. Cheesesteak Hoagie Featured Fruit & Veggie Corn	11 Signature Entrées Popcorn Chicken Hamburger or Cheeseburger White Pizza J Clark's Grille P- Chicken Nachos Featured Fruit & Veggie Broccoli	12 NO SCHOOL WEDNESDAY	13 Signature Entrées BBQ Chicken Sandwich Hamburger or Cheeseburger J Clark's Grille P- Meatball Torpedo Featured Fruit & Veggie Corn	14 Signature Entrées Grilled Cheese Chicken Patty J Clark's Grille P- Homemade Pizza Featured Fruit & Veggie Green Beans
17 No School HOME COMING	18 Signature Entrées Grilled Chicken Sandwich Hamburger or Cheeseburger J Clark's Grille P- Buffalo Chicken Tenders Featured Fruit & Veggie Carrots	19 Signature Entrées Hot Ham and Cheese Chicken Patty J Clark's Grille P- Sausage Pizza Featured Fruit & Veggie Green Beans	20 Signature Entrées Buffalo Chicken Sandwich Hamburger or Cheeseburger J Clark's Grille P- Pepperoni Rolls Featured Fruit & Veggie Broccoli	21 Signature Entrées Fish Sandwich Chicken Patty J Clark's Grille P- Homemade Pizza Featured Fruit & Veggie Corn
24 Signature Entrées Pasta w/ Breadstick Chicken Patty J Clark's Grille P- Double Decker Burger Featured Fruit & Veggie Broccoli	25 Signature Entrées Chicken Snack Wrap Hamburger or Cheeseburger White Pizza J Clark's Grille P- Italian Hoagie Featured Fruit & Veggie Carrots	26 Signature Entrées Mexican Pizza Chicken Patty J Clark's Grille P- General Tso's Chicken Featured Fruit & Veggie Broccoli	27 Signature Entrées Cajun Chicken Sandwich Hamburger or Cheeseburger J Clark's Grille P- Mashed Potato Bowl Featured Fruit & Veggie Corn	28 Signature Entrées Pierogies Chicken Patty J Clark's Grille P- Homemade Pizza Featured Fruit & Veggie Green Beans
31 Signature Entrées Chili Cheese Dog Chicken Patty J Clark's Grille P- 10in. Steak and Cheese Featured Fruit & Veggie Corn				

PIZZA
MONDAY
Pepperoni and Cheese

TUESDAY
White

WEDNESDAY
Specialty Pizza

THURSDAY
Pepperoni and Cheese

FRIDAY
Homemade

See updated account information at:

www.payforit.net

Try our Breakfast

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

