


FOREST HILLS SCHOOL DISTRICT

Secondary Menu

August/September 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Access Menu on Line at foresthills.edu	August 25 \$3.25 Special - <u>Home-Style Chicken Tenders with Waffle Fries and Dinner Roll</u> <u>Chicken Teriyaki Sub</u> <u>Cook's Choice Pizza</u> Seasoned Peas Orange Slices Milk	26 <u>Mozzarella Cheese Sticks, Sauce and Soft Pretzel</u> <u>Cook's Choice</u> <u>Super Wedge Pizza</u> Raw Baby Carrots with Dip Raisins Milk	27 <u>Italian Spaghetti with Cheese and Garlic Toast</u> <u>Spicy Roast Beef and Cheese on Bun</u> <u>Sliced Pepperoni and Cheese Pizza</u> Vegetable Fruit Milk
	Make Payments on Line at spseipay.com	September 1 \$3.00 Special - Bosco <u>Cheese Sticks with Pizza Sauce</u> <u>Chicken Monterey Sandwich</u> <u>Super Wedge Pizza</u>	2 <u>Cincinnati Chili with Cheese and Oyster Crackers</u> <u>Coney or Hot Dog on Bun</u> <u>Sliced Pepperoni and Cheese Pizza</u> Tossed Salad Mixed Fruit Cup Milk	3 <u>Fish on Bun</u> <u>Buffalo Chicken Patty on Bun</u> <u>Stuffed Crust Cheese Pizza</u> <hr style="border: 1px solid black;"/> Big Daddy Pizza - \$3.00 <hr style="border: 1px solid black;"/> Vegetable Fruit Milk
30 <u>Soft Taco with Lettuce, Tomatoes, Cheese and Rice</u> <u>Meatball Sub</u> <u>Stuffed Crust Cheese Pizza</u> Refried Beans Pineapple Tidbits Milk	31 <u>Chicken Nuggets with BBQ Sauce and Breadstick</u> <u>Hot Ham and Cheese Sandwich</u> <u>Cheese Pizza</u> Mashed Potatoes and Gravy Mandarin Oranges Milk	1 Brussel Sprouts Pineapple Tidbits Milk	2 Tossed Salad Mixed Fruit Cup Milk	3 Vegetable Fruit Milk

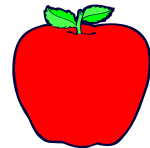
Menu Subject to Change

This institution is an equal opportunity provider.



2010/11

LUNCH AND SECONDARY A LA CARTE PRICES



Elementary Student Lunch	\$1.75
Secondary Student Lunch	\$2.00 and \$2.25, \$3.00, \$3.25
Adult Lunch	\$2.25 plus beverage

Assorted Sandwiches	\$1.50 - \$2.25
Assorted Salads	\$.50 - \$3.25
Campbell's Soup with Crackers	\$1.90
Fresh Fruit	\$.35 - \$.75
Fruit - Peach & Strawberry Cups	\$.50
Fruit - Canned	\$.25
Baked Potato	\$1.00
Vegetables - Fresh and Cooked	\$.75
<u>Beverages</u>	
Juice, 100% (4 oz.)	\$.50
(12 oz.)	\$1.25
Milk, All Flavors (8 oz.)	\$.50
(16 oz.)	\$1.00
Canned Drinks (12 oz.)	\$.90
Bottled Drinks (16-20 oz.)	\$1.00 - \$1.25
Water, Plain	\$1.00

Bread/Crackers

Saltines (4 count)	\$.25
Super Bagel w/Cream Cheese	\$1.00

Desserts

Cookies	\$.40 - \$.60
Fruit Shape Ups	\$.50
Fruit Snacks	\$.25 - \$.50
Granola Bars	\$.50 - \$.60
Ice Cream	\$.60 - \$1.00
Malt or Frozen Yogurt	\$1.00
Mini Rice Krispie Treat	\$.25
Poptart	\$.85

Snacks

Chips, Snack Crackers, etc.	\$.50 - \$.75
Sunflower Seeds	\$.50

A La Carte Prices Subject to Change

Going on a field trip? Let us pack a Lunch-to-go!





Order from your school Lunchroom Manager

FOREST HILLS SCHOOL DISTRICT



Secondary Menu

September 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6  Labor Day	7 \$2.50 Special - <u>Chicken Sandwich on Flatbread with Apple Vinaigrette Dressing</u> <u>Hot and Spicy Chicken Tenders with Dinner Roll Cheese Pizza</u> Seasoned Crispy Potatoes Fresh Apple Slices Milk	8 \$3.25 Special - <u>Footlong Coney Mett on Bun</u> <u>Stuffed Crust Pepperoni Pizza</u> Seasoned Green Beans Watermelon Slice Milk	9 <u>Mozzarella Cheese Stick, Sauce and Soft Pretzel</u> <u>Cook's Choice</u> <u>Tony's Cheese Pizza</u> Seasoned Spinach Mixed Fruit Milk	10 <u>Italian Casserole with Garlic Breadstick</u> <u>Chicken Patty on Bun</u> <u>Super Wedge Pizza</u> Vegetable Fruit Milk
13 <u>Chicken Parmesan on Bun</u> <u>Chicken Fajita with Salsa</u> <u>Stuffed Crust Cheese Pizza</u> Seasoned Corn Fruit Cup Milk	14 <u>Chicken Nuggets with BBQ Sauce and Breadstick</u> <u>Hot Ham and Cheese Sandwich</u> <u>Super Wedge Pizza</u> Mashed Potatoes and Gravy Diced Peaches Milk	15 \$3.25 Special - <u>Montgomery Inn Pulled Pork with Saratoga Chips</u> <u>Burrito with Salsa</u> <u>Tony's Cheese Pizza</u> Seasoned Broccoli Orange Slices  Milk	16 <u>Cincinnati Chili with Cheese and Oyster Crackers</u> <u>Coney or Hot Dog on Bun</u> <u>Sliced Pepperoni and Cheese Pizza</u> Tossed Salad Raisins Milk	17 \$3.00 Special - <u>Bosco Cheese Sticks with Pizza Sauce</u> <u>Meatball Sub</u> <u>Super Wedge Pizza</u> Seasoned Peas Hot Cinnamon Apple Slices Milk
20 <u>Mini Corn Dogs</u> <u>Toasted Ham and Cheese Sandwich</u> <u>Sliced Pepperoni and Cheese Pizza</u> Baked Beans Diced Peaches Milk	21 <u>Hot and Spicy Chicken Sandwich</u> <u>Steak Hoagie Sandwich</u> <u>Super Wedge Pizza</u> Seasoned Crispy Potatoes Diced Pears Milk	22 \$3.25 Special - <u>Home-Style Chicken Tenders with Au Gratin Potatoes</u> <u>Cook's Choice</u> <u>Sliced Pepperoni and Cheese Pizza</u> Seasoned Green Beans Orange Slices Milk	23 <u>Hot Open-Faced Turkey Sandwich</u> <u>Buffalo Chicken Patty on Bun</u> <u>Stuffed Crust Pepperoni Pizza</u> Mashed Potatoes and Gravy Pineapple Tidbits Milk	24 <u>Italian Spaghetti with Cheese and Garlic Toast</u> <u>French Dip Hoagie, Au Jus</u> <u>Tony's Cheese Pizza</u> Vegetable Fruit Milk
27 <u>Chicken Pot Pie</u> <u>Buffalo Chicken Patty on Bun</u> <u>Super Wedge Pizza</u> Seasoned Green Beans Mandarin Orange Slices  Milk	28 \$3.25 Special - <u>Burrito Wrap Station</u> <u>Stuffed Crust Cheese Pizza</u> Hashbrown Patty Orange Wedges Milk	29 \$3.25 Special - <u>Chinese Chicken, Egg Roll and Fortune Cookie</u> <u>Steak Hoagie Sandwich</u> <u>Tony's Cheese Pizza</u> Mixed Vegetables Diced Pears Milk	31 <u>Hot and Spicy Chicken Sandwich</u> <u>Cook's Choice</u> <u>Sliced Pepperoni and Cheese Pizza</u> <hr/> Big Daddy Pizza - \$3.00 <hr/> Peas Raisins Milk	1 October <u>Cincinnati Chili with Cheese and Oyster Crackers</u> <u>Coney or Hot Dog on Bun</u> <u>Stuffed Crust Cheese Pizza</u> Vegetable Fruit  Milk

Menu Subject to Change

\$2.00 Student Lunch Includes:

- One Underlined Entrée
- Two Side Dishes
- Milk (8 oz.)

\$2.25 Adult Lunch Includes:

- One Underline Entrée
- Two Side Dishes

Milk A La Carte: \$0.50 (8 oz.)

FOOD SERVICE SUB EMPLOYEES NEEDED
(May Lead to Permanent Part-Time Positions)
Apply at the Administration Building

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Entrées Available Every Day:

- Hamburger or Cheeseburger
- Entrée Salad with Crackers
- Assorted Sandwiches

Available Every Day:

- Vegetable
- Fruit or Juice