



March 2010



MENTOR HIGH SCHOOL MENU *subject to change



Monday	Tuesday	Wednesday	Thursday	Friday
1 MINI WHOLE GRAIN CORN DOGS OR RAVIOLI Choice of Two Sides: Tossed Salad, Vegetable of the Day, Fruit or Juice Milk	2 MEAT LOVER'S STOMBOLI Choice of Two Sides: Tossed Salad, Vegetable of the Day, Fruit or Juice Milk	3 TURKEY TETRAZINI Choice of Two Sides: Tossed Salad, Vegetable of the Day, Fruit or Juice Milk	4 DOUBLE CHEESEBURGER ON A WHOLE GRAIN BUN Choice of Two Sides: Tossed Salad, Vegetable of the Day, Fruit or Juice Milk	5 GARLIC FLATBREAD PIZZA WITH MOZZARELLA CHEESE Choice of Two Sides: Tossed Salad, Vegetable of the Day, Fruit or Juice Milk
8 GRILLED CHICKEN SANDWICH ON A DIAMOND JIM ROLL Choice of Two Sides: Tossed Salad, Vegetable of the Day, Fruit or Juice Milk	9 COUNTRY FRIED STEAK WITH MASHED POTATOES/GRAVY Tossed Salad, Vegetable of the Day, Fruit or Juice Milk	10 MEATBALL SUB SANDWICH WITH MOZZARELLA CHEESE Choice of a Side: Tossed Salad, Vegetable of the Day, Fruit or Juice Milk	11 SWEET AND SOUR CHICKEN WITH ORIENTAL RICE Choice of Two Sides: Tossed Salad, Vegetable of the Day, Fruit or Juice Milk	12 ITALIAN GRILLED CHEESE SANDWICH W/MARINARA SAUCE Choice of Two Sides: Tossed Salad, Vegetable of the Day, Fruit or Juice Milk
15 WALKING TACO WITH MEAT AND CHEESE Choice of Two Sides: Tossed Salad, Vegetable of the Day, Fruit or Juice Milk	16 CHICKEN PARMESAN SANDWICH Choice of Two Sides: Tossed Salad, Vegetable of the Day, Fruit or Juice Milk	HAPPY ST. PAT'S DAY! 17 ROMAN BURGER SANDWICH COLE SLAW PARSLEY BUTTERED POTATOES SHAMROCK JELLO Milk	18 COOK'S CHOICE	19 GRILLED CHEESE SANDWICH OR CRISPY BAKED FISH SANDWICH Choice of Two Sides: Tossed Salad, Vegetable of the Day, Fruit or Juice Milk
22 MARINATED GRILLED CHICKEN SANDWICH Choice of Two Sides: Tossed Salad, Vegetable of the Day, Fruit or Juice Milk	23 CHICKEN OR CHEESE QUESADILLA Choice of Two Sides: Tossed Salad, Vegetable of the Day, Fruit or Juice Milk	24 BAKED LASAGNA ROLL UP WITH MEAT SAUCE Choice of Two Sides: Tossed Salad, Vegetable of the Day, Fruit or Juice Milk	25 HOT HAM AND CHEESE SANDWICH Choice of a Side: Tossed Salad, Vegetable of the Day, Fruit or Juice Milk	26 MACARONI AND CHEESE OR CRISPY FISH SANDWICH Choice of Two Sides: Tossed Salad, Vegetable of the Day, Fruit or Juice Milk
29 FOOTLONG HOT DOG ON A BUN Choice of Two Sides: Tossed Salad, Vegetable of the Day, Fruit or Juice Milk	30 BBQ SLOW ROASTED PORK SANDWICH Choice of Two Sides: Tossed Salad, Vegetable of the Day, Fruit or Juice Milk	31 POPCORN CHICKEN BOWL WITH MASHED POTATOES Choice of Two Sides: Tossed Salad, Vegetable of the Day, Fruit or Juice Milk		

News

March 8 - 12 features National School Breakfast Week. Look for special offerings all during the week promoting the program.

Food Facts

Did you know:
 In general, cooking hard cellulose rich vegetables like broccoli, corn, and carrots allows the nutrients to be better digested?
 The cooking process loosens the tough fiber on the outside of the veggies allowing the stored nutrients to be released for digestion.

LUNCH WITH MILK

\$ 2.70

MILK ONLY

\$.50

