



New Egypt Middle School Lunch

February 2010



The Grille

Daily Grab and Go...
Cheese/ Hamburger
Chicken Nuggets
Chicken • Cheese steak

A la carte:

Monday

Spicy Chicken Patty

Tuesday

BBQ Chicken Wrap

Wednesday

Hot Ham & Cheese Melt

Thursday

Steak & Pepper Sandwich

Friday

Pizza Burger

Grab n Go Deli Salads:

Chef Salad
Chicken Caesar Salad
Turkey BLT Salad
Mixed Cheese Salad

Grab n Go Deli Sandwiches:

Chicken Caesar Wrap
Major Ham Wrap
Southwest Turkey Wrap

Tuna Sub
Turkey & Cheese Sub
Cheese & Pepperoni Sub

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch: \$ 2.15 / Breakfast: \$1.25 (Eligible students may receive free or a .40 reduced lunch)		Combo Special for \$3.00: Mini Italian Sub, Baked Chips & a 8 oz Poland Water...		
1 Pastrami Reuben 34g, Potato Salad 11.8g, Baked Peach Crisp 19g	2 Baked Mozzarella Chicken W/ Marinara Sauce 8g, Angel Hair 41g, Peas 10g & Mixed Fruit 18g	3 Chicken Fajitas W/ Peppers & Onions 34.91g, WG Rice 35g, Corn 15g & Pears 20g	4 Linguine & Meat sauce 51g, Green Beans 2g, WW Garlic Bread 14g & Peaches 17g	5 Breakfast Only Shortened Day
8 Italian Roasted Chicken 6g, WG Rice 35g, Broccoli 1.65g & Peaches 17g	9 Macaroni & Cheese W/Diced Ham 47.48g, Green Beans 2g & Pears 20g	10 (2) Soft Tacos 28.88g, WG Rice 35g, & Corn 15g Applesauce 12g	11 Asian Lo Mein Noodles & Pork 51.33g, Green Beans 2g, Fruit & a Fortune Cookie 7g	12 Country Chicken Bowl 39.04g, Green Beans 2g & Mixed Fruit 18g
15 <i>Schools are Closed</i>	16 Made 2 Order Deli Bar Day & Soup	17 WW Grilled Cheese 30g, French Fries & Peaches 17g	18 BBQ Chicken 6g Mashed Potatoes W/ Gravy 11g, Baked Beans 22g, Cornbread & Pears 20g	19 Cheese Quesadilla 35g, WG Rice 35g, Corn 15g & Applesauce 10g
22 Breaded Chicken 14g, French Fries 20.45g & a Whole Pear 25.7g	23 Turkey Roast W/Gravy 16.39g, WW Garlic Bread 14g, Carrots 8g & Baked Blueberry Crisp	24 Made 2 Order Deli Bar Day & Soup	25 Pasta Dippers, Meat sauce 56g, Cucumber Salad 6.21g & Diced Peaches 17g	26 Baked Chicken 6g, WG Rice w/ Cheese 38g, Corn 15g, Mixed Fruit 18g

Pizzeria

Daily Grab and Go...
Cheese and Veggie Pizza

A la carte:

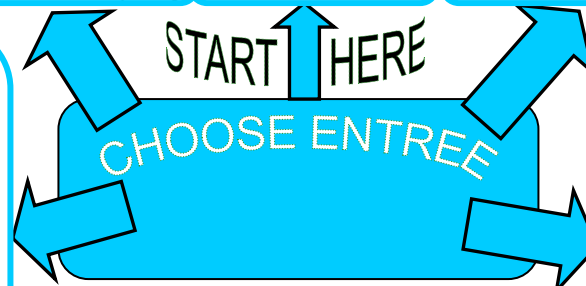
Monday
White Pizza

Tuesday
Cheeseburger Pizza

Wednesday
Cheese Pizza

Thursday
Sausage Pizza

Friday
Everything Pizza



+ Take 2... any 2

Fresh fruits and veggies galore. Vegetable blends, dessert fruits and station-specific sides make choosing only two a difficult decision.

+ Grab a Milk

Low fat milk available daily

Carbohydrate counts are listed next to each menu item...

Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions

