

### What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch  
 Meat or meat alternate  
 Choice of Vegetable  
 Choice of Fruit  
 Grain/Bread  
 Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

### Weekly Vegetable Subgroups May Include:

Dark Green - spinach, broccoli, romaine and spring salad  
 Red/Orange - carrots, sweet potatoes, tomatoes and red peppers  
 Legumes - beans and peas  
 Starchy - potatoes, corn, peas & lima beans  
 Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

### Daily Fruit Selections

#### May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges

### BRAVO STATION

Monday - Chicken Patty on a Bun  
 Tuesday - Cheese Burger on a Bun  
 Wednesday Popcorn Chicken with Roll  
 Thursday - Grilled Chicken on a Bun  
 Friday - Spicy Chicken Patty on a Bun

### UP FOR GRABS

#### Salads Entree with Roll

Monday - Chopped Garden Salad  
 Tuesday - Chef Salad  
 Wednesday - Chicken Caesar Salad  
 Thursday - BLT Salad  
 Friday - Crispy Chicken Salad

#### Sandwiches

Monday - Club Sandwich Wrap  
 Tuesday - Ham & Cheese Hoagie  
 Wednesday - Italian Flatbread  
 Thursday - Turkey & Cheese Flat Bread  
 Friday - Bologna & Cheese on a Bun

#### Pizza

Monday - Stuffed Crust  
 Tuesday - Cheese  
 Wednesday - Buffalo Chicken  
 Thursday - Pepperoni  
 Friday - Taco Pizza






### Lunch Prices

Student \$1.75  
 Reduced \$.40  
 Adult \$3.00



**Metz**  
 CULINARY MANAGEMENT

## North Star Secondary

Monday	Tuesday	Wednesday	Thursday	Friday
<b>SMOTHERED PIEROGIES</b> FEATURING A WIDE VARIETY OF FLAVORFUL TOPPERS AND SAUCES				
 4	Christmas Break 12/25/2017-01/02/2018  5	 6	Try Them! Try Them!  7	Pepperoni Roll with Sauce Featured Veggies: Sunshine Potatoes Cucumber Slices Choice of Fruit Choice of Milk 8
<b>BRUNCH BAR</b> CHOICE OF FRENCH TOAST STICKS - PANCAKES-EGGS-SAUSAGE-BACON-HAM-HOMEFRIES-HASHBROWN				
Italian Meatballs & Cheese on a Homemade Roll Featured Veggies: Curly Fries Brussels Sprouts Choice of Fruit Choice of Milk 11	Walking Taco Pretzel Sticks Featured Veggies: Mexicala Corn Tomato & Onion Salad Choice of Fruit Choice of Milk 12	Cowboy Burger Cheese, Onion rings, BBQ Sauce Featured Veggies: Oven Baked Fries Ranchero Carrots Choice of Fruit Choice of Milk 13	Chicken Mashed Potato Bowl with a Dinner Roll Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk 14	BBQ Ribby on a Bun Featured Veggies: Sweet Potato Nuggets Cucumber Slices Choice of Fruit Choice of Milk 15
<b>PABLONO'S MEXICAN BAR</b> CHOICE OF TACO MEAT - SEASONED CHICKEN - NACHOS - TACO				
Ham & Cheese Melt on Flat Bread Featured Veggies: Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk 18	Chicken Parmesan On a Bun Featured Veggies: Tater Tots Cottage Cheese Choice of Fruit Choice of Milk 19	Egg, Sausage & Cheese on a Honey Glazed Donut Featured Veggies: Tri Patty Potatoes Red Pepper Strips Choice of Fruit Choice of Milk 20	BAKED HAM MASHED POTATOES GREEN BEANS APPLE CRISP DINNER ROLL Choice of Fruit Choice of Milk  21	Bacon Cheese Burger on a Bun Featured Veggies: Oven Roasted Fries Steamed Broccoli Choice of Fruit Choice of Milk 22
<b>PASTA BAR</b> CHOICE OF MEAT SAUCE - CHICKEN ALFREDO - MARINARA SAUCE-GARLIC BREAD STICKS				
Chicken Enchilada On a Soft Tortilla Featured Veggies: Refried Beans Tomato & Onion Salsa Choice of Fruit Choice of Milk	Grilled BBQ Chicken & Bacon On a Bun Featured Veggies: Steamed Corn Romaine Salad Choice of Fruit Choice of Milk	Asian Sesame Chicken over Rice Featured Veggies: Roasted Sweet Potatoes Fresh Cucumber Slices Choice of Fruit Choice of Milk	Philly Steak & Cheese Potato Wedges Featured Veggies: Cherry Tomatoes Roasted Zucchini Choice of Fruit Choice of Milk	Sloppy Joe on a Bun Featured Veggies: Tater Tots Baked Beans Choice of Fruit Choice of Milk

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