

# Marcellus High School

## Lunch Menu 3/1/10 through 3/5/10

Station	Monday	Tuesday	Wednesday	Thursday	Friday
	 <b>Balanced Choices Meal:</b> Spaghetti with Italian Meat Sauce Served With Garlic Bread Seasoned Carrots Pineapples Low Fat Milk Choice	 <b>Balanced Choices Meal:</b> Sloppy Joe on a Bun Served With Potato Wedges Peas and Carrots Orange Brownie Low Fat Milk Choice	 <b>Balanced Choices Meal:</b> Sweet and Sour Chicken Served With White Rice Broccoli Orange Low Fat Milk Choice	 <b>Balanced Choices Meal:</b> Turkey Cutlet on a White Bun Served With Lettuce, Tomato And Mayonnaise Baked Potato Peaches Low Fat Milk Choice Or Scallop Potatoes with Ham	 <b>Balanced Choices Meal:</b> Baked Breaded Chicken Nuggets Served With Dinner Roll Potato Wedges Mixed Vegetables Orange Apple Muffin Squares Low Fat Milk Choice
<b>THE FRESH GRILLE</b> Hamburgers, Cheeseburgers, Chicken Patty Sandwiches on Buns Offered Daily	2 Hot Dogs on a Bun Served With Choice of Vegetable Choice of Fruit Milk Choice	BBQ Rib on a Bun Served With Choice of Vegetable Choice of Fruit Milk Choice	Bacon Cheeseburger Served With Choice of Vegetable Choice of Fruit Milk Choice	Corn Dog on a Stick Served With Choice of Vegetable Choice of Fruit Milk Choice	Fish Sandwich Served With Choice of Vegetable Choice of Fruit Milk Choice
 Plain and Pepperoni Pizza Offered Daily	Mushroom & Pepperoni Pizza Served With Choice of Vegetable Choice of Fruit Milk Choice	Sausage & Pepperoni Pizza Served With Choice of Vegetable Choice of Fruit Milk Choice	Pizza Calzone Served With Choice of Vegetable Choice of Fruit Milk Choice	Meat Lover's Pizza Served With Choice of Vegetable Choice of Fruit Milk Choice	Supreme Pizza Served With Choice of Vegetable Choice of Fruit Milk Choice
 Deli Bar Offered Daily	Deli Style Sandwiches Specialty Wraps	Deli Style Sandwiches Specialty Wraps	Deli Style Sandwiches Specialty Wraps	Deli Style Sandwiches Specialty Wraps	Deli Style Sandwiches Specialty Wraps
 Premium Entrée Salads Offered with Crackers	Chef Salad Garden Salad	Chef Salad Garden Salad	Chef Salad Garden Salad	Chef Salad Garden Salad	Chef Salad Garden Salad

All Lunches Include: Choice of Entrée, Choice of Two Vegetable/Fruit Side Dishes, and Choice of Milk.  
 Vegetable/Fruit Side Dishes Include: Featured Hot Vegetable, Tossed Side Salad, Fresh Veggie Sandwich Toppings, and Fresh Fruit  
 Milk Choices Include: low fat (1%) white milk, and flavored low fat (1%) milk.

# Marcellus High School

## Lunch Menu 3/8/10 through 3/12/10

Station	Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken Mashed Potato Bowls Served With Mashed Potatoes Gravy Corn Cheese Low Fat Milk Choice	 <b>Balanced Choices</b> Meal: Baked Ziti Served With Mixed Vegetables Tossed Salad with Light Dressing Banana Low Fat Milk Choice	 <b>Balanced Choices</b> Meal: Taco Pie Served With Breadstick Mixed Vegetables Warm Baked Apple Slices Low Fat Milk Choice	 <b>Balanced Choices</b> Meal: Pasta with Italian Meat Sauce Served With Garlic Bread Seasoned Peas & Carrots Apple Low Fat Milk Choice	Soft Shell Tacos Or Nacho Supreme Served With Choice of Vegetable Choice of Fruit Milk Choice
 Hamburgers, Cheeseburgers, Chicken Patty Sandwiches on Buns Offered Daily	2 Hot Dogs on Buns Served With Choice of Vegetable Choice of Fruit Milk Choice	BBQ Rib on a Bun Served With Choice of Vegetable Choice of Fruit Milk Choice	Bacon Cheeseburger Served With Choice of Vegetable Choice of Fruit Milk Choice	Corn Dog on a Stick Served With Choice of Vegetable Choice of Fruit Milk Choice	 <b>Balanced Choices</b> Meal: Breaded Chicken Patty on a Bun Served With Romaine Lettuce Tomato Baked Potato W/ Margarine Cantaloupe Low Fat Milk Choice
 Plain and Pepperoni Pizza Offered Daily	 <b>Balanced Choices</b> Meal: Cheese Pizza Served With Green Beans Fresh Orange Warm Baked Apple Slices Low Fat Milk Choice	Mushroom & Pepperoni Pizza Served With Choice of Vegetable Choice of Fruit Milk Choice	Sausage Pizza Served With Choice of Vegetable Choice of Fruit Milk Choice	Meat Lover's Pizza Served With Choice of Vegetable Choice of Fruit Milk Choice	Supreme Pizza Served With Choice of Vegetable Choice of Fruit Milk Choice
 Deli Bar Offered Daily	Deli Style Sandwiches Specialty Wraps	Deli Style Sandwiches Specialty Wraps	Deli Style Sandwiches Specialty Wraps	Deli Style Sandwiches Specialty Wraps	Deli Style Sandwiches Specialty Wraps
 Premium Entrée Salads Offered with Crackers	Chef Salad Garden Salad	Chef Salad Garden Salad	Chef Salad Garden Salad	Chef Salad Garden Salad	Chef Salad Garden Salad










All Lunches Include: Choice of Entrée, Choice of Two Vegetable/Fruit Side Dishes, and Choice of Milk.

Vegetable/Fruit Side Dishes Include: Featured Hot Vegetable, Tossed Side Salad, Fresh Veggie Sandwich Toppings, and Fresh Fruit

Milk Choices Include: skim white milk, low fat (1%) white milk, and flavored low fat (1%) milk.

# Marcellus High School

## Lunch Menu 3/15/10 through 3/19/10

Station	Monday	Tuesday	Wednesday	Thursday	Friday
	 <b>Balanced Choices Meal:</b> Spaghetti & Meat Sauce Served With Garlic Bread Broccoli Warmed Baked Apple Slices Low Fat Milk Choice	 <b>Balanced Choices Meal:</b> Chicken Parmesan Served With Seasoned Pasta Seasoned Mixed Vegetables Orange Low Fat Milk Choice Or 2 Chicken Legs	 <b>Balanced Choices Meal:</b> Chicken & Cheese Quesadilla Served With Fiesta Rice Mexican Corn Fruit Cocktail Low Fat Milk Choice Or Macaroni and Cheese	Chicken Mash Potato Bowls Served With Dinner Roll Choice of Vegetable Choice of Fruit Low Fat Milk Choice	No School Today!!!!
 Hamburgers, Cheeseburgers, Chicken Patty Sandwiches on Buns Offered Daily	2 Hot Dogs on Buns Served With Choice of Vegetable Choice of Fruit Milk Choice	BBQ Rib on a Bun Served With Choice of Vegetable Choice of Fruit Milk Choice	Bacon Cheeseburger Served With Choice of Vegetable Choice of Fruit Milk Choice	Corn Dog on a Stick Served With Choice of Vegetable Choice of Fruit Milk Choice	
 Plain and Pepperoni Pizza Offered Daily	Mushroom & Pepperoni Pizza Served With Choice of Vegetable Choice of Fruit Milk Choice	Sausage & Pepperoni Pizza Served With Choice of Vegetable Choice of Fruit Milk Choice	Sausage Pizza Served With Choice of Vegetable Choice of Fruit Milk Choice	 <b>Balanced Choices Meal:</b> Cheese Pizza Served With Tossed Salad with Light Dressing Orange Warmed Baked Apple Slices Low Fat Milk Choice	
 Deli Bar Offered Daily	Deli Style Sandwiches Specialty Wraps	Deli Style Sandwiches Specialty Wraps	Deli Style Sandwiches Specialty Wraps	Deli Style Sandwiches Specialty Wraps	
 Premium Entrée Salads Offered with Crackers	Chef Salad Garden Salad	Chef Salad Garden Salad	Chef Salad Garden Salad	Chef Salad Garden Salad	
<p>All Lunches Include: Choice of Entrée, Choice of Two Vegetable/Fruit Side Dishes, and Choice of Milk.            Vegetable/Fruit Side Dishes Include: Featured Hot Vegetable, Tossed Side Salad, Fresh Veggie Sandwich Toppings, and Fresh Fruit            Milk Choices Include: skim white milk, low fat (1%) white milk, and flavored low fat (1%) milk.</p>					

# Marcellus High School

## Lunch Menu 3/22/10 through 3/26/10

Station	Monday	Tuesday	Wednesday	Thursday	Friday
	 <b>Balanced Choices Meal:</b> Chicken Broccoli Alfredo Served With Breadstick Green Beans Apple Low Fat Milk Choice	 <b>Balanced Choices Meal:</b> Chicken Enchilada Served With White Rice Corn Apple Low Fat Milk Choice	Chicken Mash Potato Bowls Served With Dinner Roll Choice of Vegetable Choice of Fruit Milk Choice	Baked Chicken Nuggets Served With Dinner Roll Choice of Vegetable Choice of Fruit Milk Choice	 <b>Balanced Choices Meal:</b> Chicken Fajita Served With Fiesta Rice Salsa Corn Orange Low Fat Milk Choice
 Hamburgers, Cheeseburgers, Chicken Patty Sandwiches on Whole Wheat Buns Offered Daily	2 Hot Dogs on Buns Served With Choice of Vegetable Choice of Fruit Milk Choice	BBQ Rib on a Bun Served With Choice of Vegetable Choice of Fruit Milk Choice	Bacon Cheeseburger Served With Choice of Vegetable Choice of Fruit Milk Choice	 <b>Balanced Choices Meal:</b> Chicken Parmesan Wrap Served With Corn Fresh Apple Low Fat Milk Choice	Fish Sandwich Served With Choice of Vegetable Choice of Fruit Milk Choice
 Plain and Pepperoni Pizza Offered Daily	Mushroom & Pepperoni Pizza Served With Choice of Vegetable Choice of Fruit Milk Choice	Meat Lover's Pizza Served With Choice of Vegetable Choice of Fruit Milk Choice	Sausage Pizza Served With Choice of Vegetable Choice of Fruit Milk Choice	Pepperoni & Sausage Pizza Served With Choice of Vegetable Choice of Fruit Milk Choice	Supreme Pizza Served With Choice of Vegetable Choice of Fruit Milk Choice
 Deli Bar Offered Daily	Deli Style Sandwiches Specialty Wraps	Deli Style Sandwiches Specialty Wraps	 <b>Balanced Choices Meal:</b> Tuna Salad Wrap Served With Peaches Banana Low Fat Milk Choice	Deli Style Sandwiches Specialty Wraps	Deli Style Sandwiches Specialty Wraps
 Premium Entrée Salads Offered with Whole Grain Crackers	Chef Salad Garden Salad	Chef Salad Garden Salad	Chef Salad Garden Salad	Chef Salad Garden Salad	Chef Salad Garden Salad

All Lunches Include: Choice of Entrée, Choice of Two Vegetable/Fruit Side Dishes, and Choice of Milk.  
 Vegetable/Fruit Side Dishes Include: Featured Hot Vegetable, Tossed Side Salad, Fresh Veggie Sandwich Toppings, and Fresh Fruit  
 Milk Choices Include: skim white milk, low fat (1%) white milk, and flavored low fat (1%) milk.