

# Marcellus Middle School

## Lunch Menu 09/06/2010 through 09/10/2010

All Lunches Include: Choice of Entrée, Choice of one 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

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 \$2.00	LABOR  DAY !!!  LAST DAY OF SUMMER VACATION	Meat Lover's Lasagna Served With Roasted Italian Vegetables Tossed Green Salad Breadstick Low Fat Milk Choice	Chicken Mashed Potato Bowls Served With Corn Choice of Fruit Low Fat Milk Choice	Chicken Fajitas Served with Mexican Rice Refried Beans Fruit Crisp Fruit Low Fat Milk Choice	BBQ Chicken Served With Corn on the Cob Buttermilk Coleslaw Blueberry Muffin Fruit Low Fat Milk Choice
<b>THE FRESH GRILLE</b> Hamburgers, Cheeseburgers, Chicken Patty Sandwiches on Buns Offered Daily  \$2.00		2 Hot Dogs on Buns Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Bacon Cheeseburger on a Bun Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	BBQ Rib on a Bun Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Spicy Chicken Sandwich Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice
 Plain and Pepperoni Pizza Offered Daily  \$2.00		Bosco Sticks Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Ham and Cheese Stromboli Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Pepperoni Onion & Mushroom Pizza Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Pepperoni Calzone Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice
 Deli Bar Offered Daily  \$2.50		Sandwich or Wrap Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Sandwich or Wrap Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Sandwich or Wrap Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Sandwich or Wrap Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice

# Marcellus Middle School

## Lunch Menu 09/13/2010 through 09/17/2010

All Lunches Include: Choice of Entrée, Choice of one 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

Station	Monday	Tuesday	Wednesday	Thursday	Friday
  \$2.00	Macaroni and Cheese Served With Soft Hot Pretzel Green Beans Grapes Low Fat Milk Choice	Chicken Broccoli Alfredo Served with Peas Bread Stick Salad Fruit Low Fat Milk Choice	Chicken Lo-Mein Served With Steamed Carrots Pineapple Tidbits Low Fat Milk Choice	Salisbury Steak Served With Dinner Roll Buttered Noodles Tossed Salad Fruit Goop Low Fat Milk Choice	Macho Nachos Served With Meat and Cheese White Rice Refried Beans Lettuce & Tomatoes Low Fat Milk Choice
 Hamburgers, Cheeseburgers, Chicken Patty Sandwiches on Buns Offered Daily  \$2.00	Fish Sandwich on a Bun Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Chicken Cordon Blu Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Chicken Nuggets Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	2 Hot Dogs on a Bun Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Grilled Chicken on a Bun Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice
 Plain and Pepperoni Pizza Offered Daily  \$2.00	Meat Lover's Pizza Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Bosco Sticks Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Sausage and Cheese Stromboli Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Vegetarian Pizza Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Ham and Cheese Calzone Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice
 Deli Bar Offered Daily  \$2.50	Sandwich or Wrap Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Sandwich or Wrap Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Sandwich or Wrap Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Sandwich or Wrap Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Sandwich or Wrap Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice

# Marcellus Middle School

## Lunch Menu 09/20/2010 through 09/24/2010

All Lunches Include: Choice of Entrée, Choice of one 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

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 \$2.00	Chicken Mashed Potato Bowls Served With Corn Choice of Fruit Low Fat Milk Choice	Taco Pie Served With Breadstick Mixed Vegetables Warm Baked Apple Slices Low Fat Milk Choice	French Toast Sticks Served With Sausage Links Scrambled Eggs Hash brown Patty Fruit Toppings Low Fat Milk Choice	Baked Ziti Served With Garlic Bread Broccoli Fruit Crisp Low Fat Milk Choice	Ham and Scalloped Potatoes Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice
<b>THE FRESH GRILLE</b> Hamburgers, Cheeseburgers, Chicken Patty Sandwiches on Buns Offered Daily \$2.00	2 Hot Dogs on Buns Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	BBQ Rib on a Bun Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Grilled Chicken on a Bun Served With Baby Carrots Light Ranch Dressing Fresh Orange Low Fat Milk Choice	Strips of Fire Served With Mash Potatoes Corn Muffin Fruit Crisp Low Fat Milk Choice	BLT Burger Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice
 Plain and Pepperoni Pizza Offered Daily \$2.00	Ham and Cheese Stromboli Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Cheese Calzone Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Italian Stromboli Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Mexican Pizza Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Stuffed Crust Pizza Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice
 Deli Bar Offered Daily \$2.50	Sandwich or Wrap Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Sandwich or Wrap Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Sandwich or Wrap Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Sandwich or Wrap Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Sandwich or Wrap Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice

# Marcellus Middle School

## Lunch Menu 09/27/2010 through 10/01/2010

All Lunches Include: Choice of Entrée, Choice of one 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**

Station	Monday	Tuesday	Wednesday	Thursday	Friday
  \$2.00	Beef Ravioli Dinner Roll Roasted Italian Vegetables Fruit Low Fat Milk Choice	Spaghetti & Meat Sauce Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Sweet and Sour Chicken Served With White Rice Fresh Orange Broccoli Low Fat Milk Choice	Baked Potato Bar Served With Variety of toppings Choice of Fruit Low Fat Milk Choice	Sloppy Joes on a Whole Wheat Bun Served With Home fried Potatoes Confetti Cole Slaw Low Fat Milk Choice
<b>THE FRESH            GRILLE</b> Hamburgers, Cheeseburgers, Chicken Patty Sandwiches on Whole Wheat Buns Offered Daily  \$2.00	Alpine Swiss Burger Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Hot Ham and Cheese Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Chicken Tenders Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Bacon Cheeseburger Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Foot Long Hot Dog Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice
 Plain and Pepperoni Pizza Offered Daily  \$2.00	Hawaiian Pizza Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Pizza Calzones Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Meat Lover's Pizza Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Bosco Sticks Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Grilled Vegetable Pizza Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice
 Deli Bar Offered Daily  \$2.50	Sandwich or Wrap Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Sandwich or Wrap Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Sandwich or Wrap Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Sandwich or Wrap Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Sandwich or Wrap Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice