



Barrington High School Menu February 2010



Sandwich Central

Freshly Prepared Deli Style Sandwiches Made to Order

Featuring:

- Fresh Veggies
- Variety of Cheeses
- Whole Grain Breads and Rolls
- Premium Deli Items Available

Meal Accompaniments

Daily
Hearty Green Salad

Monday
Cucumber Salad
Penne & Bean Salad

Tuesday
Chick Pea Salad
Caesar Salad

Wednesday
Potato Salad
Tomato Spinach Salad

Thursday
Broccoli & Carrot Salad
Greek Pasta salad

Friday
Macaroni Salad
Spring Caesar Salad

1 Oven Baked BBQ Chicken Whole Grain Pasta Seasoned Broccoli Fresh Fruit	2 Cheesy Baked Whole Grain Pasta with Marinara Sauce and Melted Mozzarella Cheese Steamed Green Beans	3 Italian Chicken Scampi over Penne Pasta Caesar Salad	4 Turkey and Cheese Flatbread Sandwich Soup du'Jour	5 BBQ Pulled Pork Sandwich New England Style Baked Beans
8 Oven Roasted Herb Chicken Brown Rice Pilaf Whole Grain Roll Hot Veggies	9 Pizza Dippers with Marinara Sauce Fresh Broccoli Bites Chilled Fruit & Milk	10 <i>Menutainment</i> "Build Your Own" Taco/Nacho & Toppings Corn & Lean Salad	11 Stuffed Pepper Casserole Hot Vegetables Whole Grain Roll	12 Sweet & Sour Breaded Popcorn Chicken Brown Rice Steamed Broccoli Fresh Orange
15	16	17 Winter Break Week	18	19
22 Deluxe Burger with Lettuce & Tomato Baked Oven Fries	23 Popcorn Chicken Bowl with Roasted Potatoes & Corn on the Cob	24 Chicken Primavera Pasta Tossed Garden Salad	25 Pineapple Glazed Chicken Mashed Sweet Potato Green Beans Wheat Roll	26 <i>Menutainment</i> Buffalo Chicken Wrap Your Way Oven Roasted Potatoes

Menu Subject to Change All grain items are made with whole grains
All meals are served with milk (1% low fat white or flavored) and fruit (fresh or canned).
 "Balanced Choices" meals meet specific nutritional guidelines when all featured menu items are selected

Prices: Student Meal: \$2.50 • Reduced Meal: \$0.40 • Milk: \$0.55 • Adult: \$3.25

Traitors

Italian Specialties
Available daily:

Fresh Baked Cheese and Pepperoni Pizza
Served with Your Choice of Hot or Cold Vegetable or Salad, Fruit and Milk

Specials for the Week

Monday Buffalo Chicken Pizza
Tuesday Assorted Calzones
Wednesday Bagel Pizza
Thursday Italian Stromboli
Friday Bruschetta pizza

THE FRESH GRILLE

Available daily:

Hamburger, Cheeseburger, Chicken Patty & Chicken nuggets
Served with Your Choice of Hot or Cold Vegetable or Salad, Fruit and Milk

Specials for the Week

Mondays Steak & Cheese / Meatball Sub
Tuesdays Buffalo Chicken Sandwich
Wednesdays Chicken Bacon Ranch Sub
Thursdays Buffalo Chicken Sandwich
Fridays Steak & Cheese / Veggie Burger

Outtakes

Assorted pre-packaged entrée salads and a variety of deli sandwiches with accompaniments

Balanced choices meal offered daily

Specials:

M, W, F Chicken Caesar Wrap
Tue, Thu Veggie Wrap with Cheese
Daily Yogurt & Fruit with Crackers

Any questions please call:
Director of Dining Services
Melissa Read at 435-7814