Flik INDEPENDENT SCHOOL DINING — FRESH FOOD

February 2012
Marquette University High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 **Breakfast** Pancakes Sausage **Lunch** Texas Chili Asian Rice Bowl with Chicken and Toppings Snow Peas **Special Sandwich/ Grill Special** Hamburger Fries **Dessert** Ice Cream Sundae with Toppings	**2** **Lunch** No Service	**3** **Lunch** No Service
6 **Breakfast** Breakfast Sandwich with Sausage Cream of Wheat **Lunch** Cheesy Cream of Broccoli Pepper Steak Onions and Peppers Saffron Rice **Special Sandwich/ Grill Special** Twin Hot Dog Bar Chips **Dessert** Cookies	**7** **Breakfast** Banana Pancakes Bacon **Lunch** Cream of Tomato Chicken Gyros with Toppings Roasted Potato Steamed Corn **Dessert** Chocolate Cake	**8** **Breakfast** Breakfast Skillet Cheesy Grits **Lunch** Chicken Dumpling Sweet and Sour Pork Eggroll Rice **Special Sandwich/ Grill Special** Cheeseburger Oven Baked Fries **Dessert** Apple Pie	**9** **Breakfast** Cinnamon French Toast Oatmeal **Lunch** Potato Leek Soup Chicken Tenders Broccoli and Cauliflower Maccaroni and Cheese **Dessert** Cheesecake	**10** **Breakfast** Breakfast Sandwich Twin Hash Browns **Lunch** Clam Chowder Beef Enchallidas Red Beans and Rice Chips and Salsa **Special Sandwich/ Grill Special** BBQ Chicken Sub Fries **Dessert** Root Beer Float
13 **Breakfast** Bisqiuts and Gravy **Lunch** Chicken Rice Soup Nachos With Beef and Toppings Refried Beans **Special Sandwich/ Grill Special** Cuban Sandwich Coleslaw **Dessert** Brownies	**14** **Breakfast** Egg ,Cheese and Sausage on a Bagel American Fries **Lunch** Beef Vegetable Soup Pasta With Marinara Alfredo & Meatsauce Roasted Corn Garlic Sticks **Dessert** Valentine Cookies	**15** **Breakfast** Denver Sandwich Hash Browns **Lunch** French Onion Fried Chicken Macaroni & Cheese Smothered Cabbage **Special Sandwich/ Grill Special** Chef's Choice Parmesean Chips **Dessert** Chocolate Chip Cream Pie	**16** **Breakfast** Pancakes Bacon **Lunch** Chili Beef Pot Pie Cauliflower **Dessert** Assorted Desserts	**17** Food Focus **Breakfast** Cheesy Scrambled Eggs Sausage **Lunch** Fish Chowder English Style Fish & Chips Coleslaw **Special Sandwich/ Grill Special** Cheeseburger Fries **Dessert** Rice Krispy Treats
20 **Breakfast** Denver Omelets **Lunch** Hot n Sour Chicken Stir-fry Steamed Saffron Rice Roasted Carrots with Ginger **Special Sandwich/ Grill Special** Sloppy Joes Chips **Dessert** Brownies	**21** **Breakfast** New Orleans Sweet Potato Pancakes Sausage Cheesy Grits **Lunch** Gumbo Jambalaya Creole Green beans **Dessert** Bread Pudding w/ Caramel Sauce	**22** **Breakfast** Egg and Cheese English Muffins **Lunch** Manhattan Clam Chowder Baked Pasta w/ Marinara Sauce Roasted Vegtables Garlic Bread **Special Salad/ Sub** Garden Salad **Dessert** Peanut Butter Chocolate Chip, Rice Krispies Treats	**23** **Breakfast** Bacon Egg &Cheese Bagel Sandwich **Lunch** White Bean Lasagna **Special Salad/ Sub** Chicken Waldorf Salad **Dessert** Fresh Baked Cookies	**24** **Breakfast** Pancakes Apple Cinnamon Oatmeal Fluffy Scrambled eggs **Lunch** Corn Chowder Baked Fish Roasted Vegetables **Dessert** Churro
27	**28**	**29**		

Breakfast Breakfast Bagel Sandwich Hashbrowns **Lunch** Potato Leek Soup Wing Bar W/ Dipping Sauce Breadstick Seasoned Carrots **Special Salad/ Sub** Chicken Caesar Salad **Special Sandwich/ Grill Special** Pepperoni Melt Chips **Dessert** Brownies	**Breakfast** Blueberry Pancakes w/ Syrup **Lunch** Chicken and Tomato Soup Pork Loin Roasted New Potatoes Mushroom and Peppers **Dessert** Oreo Cream Pie	**Breakfast** Scrambled Eggs w/ Sausage and Cheese American Potatoes **Lunch** Beefy Noodle Soup Glazed Ham Zucchini Buttered Noodles **Special Salad/ Sub** Carrot Salad W/Scallions **Special Sandwich/ Grill Special** Hot Dog Bar **Dessert** Strawberry Shortcake		

Daily Offerings

100% Fruit Juices & Low-Fat Milk Seasonal Fresh Fruit; Assorted Cereals; Assorted Low-Fat Yogurts; Fresh Breads & Bagels; Jelly, Butter, Cream Cheese