Flik INDEPENDENT SCHOOL DINING

FRESH FOOD

March 2012
Marquette University High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 **Breakfast** Bacon Egg and Cheese Wrap **Lunch** White bean & Ham Soup Chicken, Brocoli & Cheese Rice Casserole Buttered Squash Sauteed Grean Beans **Special Salad/ Sub** Greek Salad **Dessert** Baked Cookies	**2** **Breakfast** Blueberry Pancakes w/ Syrup Fluffy Eggs Hashbrowns **Lunch** Black Bean Soup Fried Fish Coleslaw Mixed Vegatables **Special Salad/ Sub** Citrus Fennel Salad **Dessert** Banana Cream Pie
5 **Breakfast** French Toast w/ Butter Pecan Syrup **Lunch** Beef Barley Soup Shrimp & Vegetable Stir Fry Sushi Rice Ginger Glazed Carrots 2 Pork Egg Rolls **Special Salad/ Sub** Asian Moon Salad **Special Sandwich/ Grill Special** Sloppy Joes Plain Lay's Chips **Dessert** Strawberry Cupcakes	**6** **Breakfast** Ham, Egg & Cheese Wrap Cream of Wheat **Lunch** Chicken Tortilla Soup Shepherds Pie Herbed Corn Garlic Roasted Squash **Dessert** Rice Krispies Treats	**7** **Breakfast** Omelet Bar Sausage **Lunch** Chili Con Carne (Chili with Meat) Chicken Parmesan Peas Buttered Noodles **Special Salad/ Sub** Chef Salad **Special Sandwich/ Grill Special** Cheeseburger Fries **Dessert** Devils Food Cake	**8** **Breakfast** Bacon, Broccoli & Cheddar Quiche Grits **Lunch** Loaded Baked Potato Soup Hot Ham & Cheese Fries Green Beans **Special Salad/ Sub** Caprese Salad **Dessert** Fresh Baked Cookies	**9** **Lunch** No Meal Service
12 **Breakfast** Broccoli Cheddar Bacon Fritta **Lunch** Corn Chowder Pork Fried Rice 2 Pork Egg Rolls Snow Peas **Special Salad/ Sub** Chop Salad **Special Sandwich/ Grill Special** Cheesebugers Fries **Dessert** Peach Pie	**13** **Breakfast** 2 Fresh Baked Cinnamon Rolls Hashbrowns Sausage **Lunch** Turkey and Wild Rice Soup Chili Mac Seasoned Carrots Steamed Broccoli **Special Salad/ Sub** Layered Taco Dip **Dessert** Yellow Cake W/ Buttercream Frosting	Veggies Matter **14** **Breakfast** Ham, Egg & Cheese English Muffin Grits **Lunch** Tomato and Chicken Soup Herbed Baked Chicken w/ gravy Garlic Smashed Potatoes Garden Mixed Vegetables **Special Salad/ Sub** Italian Salami and Cheese Salad **Special Sandwich/ Grill Special** Southwestern Quesadilla Fries **Dessert** Kiwi Strawberry Muffins	**15** **Lunch** No Meal Service	**16** **Lunch** No Meal Service
19 **Breakfast** Denver Omelets Oatmeal **Lunch** Broccoli Cheese Soup Beef Teriyaki Bowl Steamed Rice Seasoned Carrots **Special Salad/ Sub** Chef Salad **Special Sandwich/ Grill Special** Grilled Cheese Chips **Dessert** Assorted Hot Cookies Glass of Milk	**20** **Breakfast** Waffles w/ Butter Pecan Syrup Hashbrowns Sausage **Lunch** Tomato & Rice Soup BBQ Chicken Buttered Noodles Green Beans **Special Salad/ Sub** Cajun Chicken Salad **Dessert** Frosted Marbel Cake	**21** **Breakfast** Breakfast Burrito **Lunch** Bean and Ham Soup Chicken Tenders Black Beans & peppers Sugar Snap Peas **Special Salad/ Sub** Caesar Salad **Special Sandwich/ Grill Special** Nacho Bar w/ Toppings **Dessert** Caramel Brownies	**22** **Breakfast** Sausage Egg Bagel Cheesy Grits **Lunch** Chicken Noodle Soup Beef Stew Over Cornbread California Blend Vegetables Edamame Beans **Special Salad/ Sub** Made to Order Hot Chicken & Spinach Salad **Dessert** Chocolate Chip Muffins	**23** **Breakfast** Chocolate Chip Pancakes Hashbrowns **Lunch** Fish Chowder Pasta Bar w/ Alfredo & Marinera Sugar Snap Peas Corn Garlic Bread **Topper Sub Station** Southwestren Corn Salad **Special Sandwich/ Grill Special** Fried Fish Sandwich Hush Puppies **Dessert** Assorted Desserts

26	27	28	29	30
Breakfast French Toastw/ Syrup Cream of Wheat **Lunch** Tomato & Basil Soup Loaded Baked Potato Bar Green Beans **Special Salad/ Sub** Wheat Berry and Carrot Salad **Special Sandwich/ Grill Special** Meunster Cheeseburger Fries Pulled BBQ Chicken Sandwich & FRIES **Dessert** Devil Food Cake w/ Peanut Buttercream Frosting	**Breakfast** Bacon & Cheese Quiche Hashbrowns **Lunch** White Bean Chicken Chili 2pc Smothered Chicken Peas and Carrots **Special Salad/ Sub** Chef Salad **Dessert** Chocolate Chip Cream Pie	**Breakfast** Made to Order Omelets Sausage Grits **Lunch** Cream Of Mushrooom Soup Shrimp Alfredo Mix Vegetables Garlic bread **Special Salad/ Sub** Layererd Club Salad **Topper Sub Station** Chili Dogs Fries **Dessert** Cookies	**Breakfast** Pancakes Bacon **Lunch** Southwestern Corn Chowder Beef Fajitas Spanish Rice Roasted Corn and Peppers **Special Salad/ Sub** Taco Salad **Topper Sub Station** Chips & Salsa **Dessert** Turtle Brownies	**Lunch** No Meal Service

Daily Offerings

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