Flik INDEPENDENT SCHOOL DINING

February 2012
Xavier High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 **Lunch** Pasta with Marinara or Bolognese Sauce Roasted Mixed Vegetables Garlic Breadsticks Grilled Chicken with Fresh Mozzarella, Tomatoes on Focaccia Bread Chicken Greek Salad Caesar Side Salad	**2** **Lunch** Roasted BBQ Chicken Creamy Garlic Mashed Potatoes Sauteed String Beans Chicken Caesar Salad Caesar Side Salad	**3** **Lunch** Individual Cheese Pizza Pie Pepperoni Cheese Pizza Beef Hot Dog Salted Soft Pretzel Bites with Cheese Sauce Chicken Caesar Salad Caesar Side Salad
6 **Lunch** Three Cheese Macaroni with Japanese Bread Crumbs Roasted Mixed Vegetables Buffalo Chicken Sub with Blue Cheese Chicken Caesar Salad Caesar Side Salad	**7** **Lunch** Chicken Fajita (Onions and Peppers), Salsa, and Sour Cream Steamed Yellow Rice Roasted Corn Kernels Chicken Caesar Salad Caesar Side Salad Caprese Salad - Fresh Mozz, Tomatoes, and Red Onions with a Basil Balsamic Vinaigrette	**8** **Lunch** Chicken Vegetable Fried Rice Steamed Baby Bok Choy Sausage Parmesan Chicken Caesar Salad Caesar Side Salad Caprese Salad - Fresh Mozz and Tomatoes with Red Onions and a Basil Vinaigrette	**9** **Lunch** Meat and Four Cheese Lasagna Garlic Oregano Breadstick Sauteed Fresh Baby Spinach Chicken Caesar Salad Caesar Side Salad	**10** **Lunch** Buffalo Wings with Bleu Cheese Oven Baked Fries Sauteed Carrots and Celery Chicken Caesar Salad Caesar Side Salad
13 **Lunch** Beef Tacos with Shredded Cheddar, Lettuce, Sour Cream, and Salsa 2 Beef Tacos Yellow Rice with Corn Refried Beans Chicken Caesar Salad Caprese Salad - Fresh Mozzarella and Tomato with a Basil Balsamic Vinaigrette Caesar Side Salad	**14** **Lunch** Baked Fried Chicken with Brown Gravy Oven Fried Shoestring Fries Sauteed Mixed Vegetables Tuna Wrap Chicken Caesar Salad Caesar Side Salad	**15** **Lunch** Baked Ziti Sauteed Mixed Vegetables Parmesan Breadstick Chicken Quesadilla Chicken Caesar Salad Caesar Side Salad	**16** **Lunch** Thin Sliced Roast Beef in Au Jus Mashed Red Potatoes Vegtable of the Day Wrap Chicken Caesar Salad Caesar Side Salad	**17** **Lunch** Individual Cheese Pizza Pie Pepperoni Cheese Pizza Beef Hot Dog Salted Soft Pretzel Bites with Cheese Sauce Chicken Caesar Salad Caesar Side Salad
20 **No Meal Service** WINTER RECESS	**21** **No Meal Service** WINTER RECESS	**22** **No Meal Service** WINTER RECESS	**23** **No Meal Service** WINTER RECESS	**24** **No Meal Service** WINTER RECESS
27 **Lunch** Four Cheese Mac n Cheese topped with Panko Bread Crumbs Roasted Sting Beans with Garlic and Almonds PB & J Chicken Caesar Salad Caesar Side Salad	**28** **Lunch** Ginger Teriyaki Glazed Chicken Steamed Jasmine Rice Sauteed Broccoli in Garlic Sauce Chicken Caesar Salad Caprese Salad - Fresh Mozzarella and Tomato with a Basil Balsamic Vinaigrette Caesar Side Salad	**29** **Lunch** Baked Potato Bar - Chili, Cheese Sauce, Sour Cream, and Chives Steamed Broccoli Florets Tuna Salad Wrap Chicken Caesar Salad Caprese Salad - Fresh Mozzarella and Tomato with a Basil Balsamic Vinaigrette Caesar Side Salad		

Daily Offerings

Sub Shop - Subs and Wraps Made to Order, Salad Bar - Salads Made to Order, Outakes Salads - small and large, Grab-n-Go Sandwiches (Fresh Sliced Ham, Turkey, or Roast Beef with Lettuce and Tomato on a Keiser Roll), Fresh Fruit Salad, Fresh Fruit and Yogurt Parfait Cup, Dannon Yogurt Cups, Whole Fresh Fruit, Assorted Snacks, Hot and Continental Breakfast Served Daily