Flik INDEPENDENT SCHOOL DINING

March 2012
Xavier High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 **Lunch** Jerk Marinated Chicken Steamed Brown Rice Steamed Shredded Cabbage and Carrots Jamaican Beef Patty Chicken Caesar Salad Caesar Side Salad	**2** **Lunch** Individual Cheese Pizza Pie Tuna Salad Wrap Fresh Egg Salad on Pita Salted Soft Pretzel Bites with Cheese Sauce Peanut Butter and Jelly Sandwich Caprese Salad Caesar Side Salad
5 **Lunch** Shepherd's Pie - Layers of Mashed Potatoe, Beef, and Cheddar Cheese Sauteed Broccoli Buffalo Chicken Chicken Caesar Salad Caprese Salad - Fresh Mozzarella and Tomato with a Basil Balsamic Vinaigrette Side Caesar Salad	**6** **Lunch** Roasted Turkey Breast in Housemade Pan Gravy Creamy Garlic Mashed Potatoes Honey Glazed Carrots Grilled Bacon and Muenster with Fresh Tomatoes Wrap Caesar Side Salad Chicken Caesar Salad	**7** **Lunch** Baked Ziti with Meat Oregano and Garlic Breadsticks Roasted Yellow and Green Squash Tuna Wrap Chicken Caesar Salad Caesar Side Salad	**8** **Lunch** Buffalo Wings Oven Baked Fries Roasted Mushrooms Turkey Pastrami on Rye with Swiss Chicken Caesar Salad Chicken Greek Salad Caesar Side Salad	**9** **Lunch** Cheese Quesadilla Mexican Style Rice Refried Beans Mexican Cinnamon Warm Churros Caprese Salad - Fresh Mozzarella and Tomato with a Basil Balsamic Vinaigrette Caesar Side Salad
12 **No Meal Service** NO CLASSES	**13** **Lunch** Hamburger with Lettuce and Tomato Cheeseburger with Lettuce and Tomato Oven Baked Fries Sweet and Spicy Slaw Chicken Caesar Salad Caesar Side Salad	**14** **Lunch** Roasted Herbed Chicken Rice with Red Kidney Beans Sauteed Cabbage with Onions, and Carrots Buttered Grilled Cheese Chicken Caesar Salad Side Caesar Salad Chicken Taco Salad	**15** **Lunch** Individual Cheese Pizza Pie Pepperoni Cheese Pizza Beef Hot Dog Salted Soft Pretzel Bites with Cheese Sauce Pretzel Bites Chicken Caesar Salad Caesar Side Salad	**16** **No Meal Service** NO CLASSES
19 **Lunch** Sausage and Peppers Parmesan Hero Sauteed Green and Yellow Squash Steamed White Rice Chicken Caesar Salad Caesar Side Salad	**20** **Lunch** Honey BBQ Wings BBQ Chicken Smashed Red Potatoes Creamed Spinach Chicken Caesar Salad Caesar Side Salad	**21** **Lunch** Pasta Bar - Choice of Pasta Choice of Sauce - Marinara or Bolognese Fresh Baked Parmesan Bread Roasted Vegetable Medley Tuna Salad Wrap Half Tuna Wrap Chicken Caesar Salad Caprese Salad - Fresh Mozzarella and Tomato with a Balsamic Basil Vinaigrette Caesar Side Salad	**22** **Lunch** Turkey Sloppy Joe on a Soft Bun Oven Baked Fries Veggie of the Day Chicken Caesar Salad Caprese Salad - Fresh Mozzarella and Tomato with a Basil Balsamic Vinaigrette Caesar Side Salad	**23** **Lunch** Cheese Quesadilla Fish Sticks (6) Steamed Yellow Rice Refried Beans Sweet Roasted Corn Hummus with Pita Caprese Salad - Fresh Mozzarella and Tomato with a Basil Balsamic Vinaigrette Caesar Side Salad
26 **Lunch** Hamburger with Lettuce and Tomato Cheeseburger with Lettuce and Tomato Oven Fried Shoestring Fries Honey Glazed Carrots Chicken Caesar Salad Caprese Salad - Fresh Mozzarella and Tomato with a Basil Balsamic Vinaigrette Caesar Side Salad	**27** **Lunch** Pasta Bar - Choice of Pasta Choice of Sauce - Marinara or Bolognese Fresh Baked Parmesan Bread(1) Roasted Vegetable Medley Tuna Salad Wrap Half Tuna Wrap Chicken Caesar Salad Caesar Side Salad	**28** **Lunch** Thin Sliced Roast Beef in a light Onion Gravy Basmati Rice Vegetable of the Day Chicken Salad Wrap Chicken Caesar Salad Caesar Side Salad	**29** **Lunch** Oregano and Garlic Roasted Chicken Breast topped with Diced Fresh Mozzarella and Tomatoes Cous Cous with Roasted Vegetables and Fresh Lemon Juice Sauteed Fresh Spinach Jamaican Beef Patty Chicken Caesar Salad Caprese Salad - Fresh Mozzarella and Tomato with a Basil Balsamic Vinaigrette Caesar Side Salad	**30** **Lunch** Individual Cheese Pizza Pie Tuna Salad Wrap Fresh Egg Salad on Pita Salted Soft Pretzel Bites with Cheese Sauce Peanut Butter and Jelly Sandwich Caprese Salad 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