



Lunch \$3.95
Milk \$.55

MARCH 2010
Lockport Township High School District 205
LOCKPORT EAST
FACULTY & STAFF - LUNCH MENU



We're thinking green, are you ?

Healthy choices are available every day including fresh made salads & wraps

Also, all student choices by request:
Pizza
Chicken Sandwich

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL CASIMIR PULASKI DAY	2 BAKED MEATLOAF w/Whipped Potatoes & Gravy GLAZED CARROTS SMALL FRUIT JUICE PUNCH <u>OR</u> ICE TEA	3 SUB BAR w/choice of Meat & Cheese on a Fresh Baked Sub Roll w/Fresh Potato Chips & SMALL FRUIT JUICE PUNCH <u>OR</u> ICE TEA	4 1/4 LB BURGER MADE THE WAY YOU WANT Choice of Cheese, Grilled Onions, Mushrooms, BBQ Sauce, Lettuce, Tomato & Mayo SIDE OF POTATO CHIPS SMALL FRUIT JUICE PUNCH <u>OR</u> ICE TEA	5 PEPPER & EGG SANDWICH on French bread Side of Fresh Potato Chips & a SMALL FRUIT JUICE PUNCH
8 SMOTHERED CHICKEN Covered w/Grilled Onions, Mushrooms & Cheese w/a Side Salad & SMALL FRUIT JUICE PUNCH <u>OR</u> ICE TEA	9 ITALIAN STIR FRY Chicken, Tomato, Onion, & Veggies served over Rice & SMALL FRUIT JUICE PUNCH <u>OR</u> ICE TEA	10 JUMBO BAKED POTATO With your choice of Chili & Cheese <u>or</u> Broccoli & Cheese, w/a Side Salad & SMALL FRUIT JUICE PUNCH <u>OR</u> ICE TEA	11 COUNTRY STYLE CHICKEN Covered in a Country Gravy w/Cole Slaw & a Biscuit SMALL FRUIT JUICE PUNCH <u>OR</u> ICE TEA	12 TUNA SALAD on a Croissant w/Lettuce & Tomato & a Small Side Salad SMALL FRUIT JUICE PUNCH
15 EARLY DISMISSAL TACO SALAD w/Lettuce, Tomatoes, Seasoned Ground Beef in a Fresh Tortilla Shell & Choice of Dressing, SMALL FRUIT JUICE PUNCH <u>OR</u> ICE TEA	16 PASTA BAR Your choice of 2 different Savory Sauces over Penne Pasta w/choice of Meatballs <u>or</u> Italian Sausage & SMALL FRUIT JUICE PUNCH <u>OR</u> ICE TEA	17 GRILLED RUBEN OR PATTY MELT ON RYE BREAD w/Homemade Cole Slaw & a SMALL FRUIT JUICE PUNCH <u>OR</u> ICE TEA	18 "GREEK TOWN" GYROS "In a Pita w/lettuce, Diced Tomatoes & Cucumber Sauce w/a Side of Fresh Potato Chips & a SMALL FRUIT JUICE PUNCH <u>OR</u> ICE TEA	19 GRILLED CHEESE & TOMATO SOUP w/Side of Macaroni Salad SMALL FRUIT JUICE PUNCH <u>OR</u> ICE TEA
22 BISCUITS & GRAVY With a piece of Fried Chicken SMALL FRUIT JUICE PUNCH <u>OR</u> ICE TEA	23 2 SOFT SHELL TACOS w/Lettuce, Tomato, Cheese, Salsa & Cilantro Lime Rice SMALL FRUIT JUICE PUNCH <u>OR</u> ICE TEA	24 HOMEMADE CHICKEN NOODLE BROCCOLI BAKE w/a Side Salad, Garlic Bread, & choice of SMALL FRUIT JUICE PUNCH <u>OR</u> ICE TEA	25 VEGGIE LASAGNA ROLLS w/Side Salad & Garlic Bread w/a SMALL FRUIT JUICE PUNCH <u>OR</u> ICE TEA	26 TUNA NOODLE BAKE w/a Side Salad & Garlic Bread SMALL FRUIT JUICE PUNCH <u>OR</u> ICE TEA
29	30	31		

SPRING BREAK

Milk variety offered daily.
Grain baskets offered daily.

** Please Note **

Menu changes may be necessary. Notice will be given when possible.

* Contains Pork

