







































GREENWICH HIGH SCHOOL LUNCH MENU

FEBRUARY 4 – 8, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PLATE LUNCH Student: \$3.85  Look for our new symbol on the menu and in your cafeteria identifying products that are "Suitable for Vegetarians" 	HOMEMADE MAC & CHEESE  Dinner Roll OR DOMINO'S™ PIZZA  OR ASSORTED SALADS  SANDWICHES OR PB&J on Assorted Breads  Assorted Veggie Cups Oven Roasted Zucchini  Assorted Fruit Choice Choice of Milk	BAKED WHITE MEAT CHICKEN TENDERS Seasoned Rice OR DOMINO'S™ PIZZA  OR ASSORTED SALADS  SANDWICHES OR PB&J on Assorted Breads  Assorted Veggie Cups Oven Fries  Assorted Fruit Choice Choice of Milk	SPAGHETTI BOLOGNESE Pasta with Meat Sauce GARLIC ROLL OR DOMINO'S™ PIZZA  OR ASSORTED SALADS  SANDWICHES OR PB&J on Assorted Breads  Assorted Veggie Cups Caesar Salad  Assorted Fruit Choice Choice of Milk	STEAK AND CHEESE ON A WEDGE OR DOMINO'S™ PIZZA  OR ASSORTED SALADS, SANDWICHES OR PB&J ON ASSORTED BREADS  Assorted Veggie Cups Broccoli Florets  Assorted Fruit Choice Choice of Milk	FRESH HAMBURGER/CHEESEBURGER Lettuce & Tomato OR DOMINO'S PIZZA OR ASSORTED SALADS, SANDWICHES OR PB&J ON ASSORTED BREADS Assorted Veggie Cups Mixed Salad Greens Assorted Fruit Choice Choice of Milk
DAILY BOWL SPECIAL \$4.25	QUINOA ROASTED ZUCCHINI AND CHERRY TOMATOES WITH FRESH BASIL & FETA W/W/O CHICKEN	TERIYAKI CHICKEN RICE BOWL WITH BROCCOLI	GARDEN BURGER Over Greens With Carrots, Tomatoes Roasted Red Onion and Green Peppers	FRESH BAKED POTATO WITH ASSORTED TOPPINGS	SOUTHWESTERN RICE BOWL WITH CHICKEN, BLACK BEANS & CORN SALAD, TOMATOES AND SALSA
PASTA STATION \$3.50	PENNE WITH MARINARA OR BOLOGNAISE SAUCE & ROLL	TRICOLOR PASTA OIL & GARLIC OR MARINARA & WEDGE	CHEESE RAVIOLI WITH MARINARA GARLIC BREAD	SPAGHETTI WITH MARINARA OR MEAT SAUCE & ROLL	TORTELLINI WITH PESTO OR MARINARA & GARLIC STICK
CARDINAL SPECIALS \$5.50 	PULLED PORK SANDWICH Tangy BBQ Sauce Topped with Creamy Cole Slaw on a Roll	HOMEMADE FRIED CHICKEN WITH FRESH BAKED CORNBREAD AND SALAD	ASSORTED HOMEMADE QUICHE DEJOUR WITH SALAD	WARM CRISPY WHITE MEAT CHICKEN CEASAR SALAD & CRUSTY BREADSTICK	COOK'S SPECIAL
FROM THE GRILL & ALA CARTE	GRILLED CHEESE WITH BACON \$4.00 WITH FRENCH FRIES \$4.50	BLT CHEESEBURGER BACON, LET., TOM \$4.00 With French Fries \$4.50	BUFFALO CUTLET Wing Sauce & Bleu Cheese \$5.00 WITH FRENCH FRIES \$5.50	GRILLED REUBEN Corned Beef, Russian, & Sauerkraut on Rye \$4.75 With French Fries \$5.25	COOK'S CHOICE


























GREENWICH HIGH SCHOOL LUNCH MENU

FEBRUARY 18 – 22, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PLATE LUNCH</p> <p>Student: \$3.85</p> <div style="border: 1px dashed green; padding: 5px; margin: 5px 0;">  <p>Look for our new symbol on the menu and in your cafeteria identifying products that are "Suitable for Vegetarians"</p> </div> 	<p>PRESIDENT'S DAY</p> <p>NO SCHOOL</p>	<p>BBQ CHICKEN QUARTERS Dinner Roll</p> <p>OR</p> <p>DOMINO'S™ PIZZA </p> <p>OR</p> <p>ASSORTED SALADS </p> <p>SANDWICHES OR PB&J On Assorted Breads </p> <p>Assorted Veggie Cups</p> <p>Oven Fries </p> <p>Assorted Fruit Choices</p> <p>Choice of Milk</p>	<p>PENNE BOLOGNESE</p> <p>Penne Pasta with Meat Sauce</p> <p>GARLIC STICK</p> <p>OR</p> <p>DOMINO'S™ PIZZA </p> <p>OR</p> <p>ASSORTED SALADS </p> <p>SANDWICHES OR PB&J on Asst. Breads </p> <p>Assorted Veggie Cups</p> <p>Caesar Salad </p> <p>Assorted Fruit Choices</p> <p>Choice of Milk</p>	<p>GRILLED CHEESE </p> <p>Assorted Breads</p> <p>OR</p> <p>DOMINO'S™ PIZZA </p> <p>OR</p> <p>ASSORTED SALADS </p> <p>SANDWICHES OR PB&J on Assorted Breads </p> <p>Assorted Veggie Cups</p> <p>Tossed Salad </p> <p>Assorted Fruit Choices</p> <p>Choice of Milk</p>	<p>HOMEMADE MACARONI & CHEESE</p> <p>OR</p> <p>DOMINO'S™ PIZZA </p> <p>OR</p> <p>ASSORTED SALADS, SANDWICHES OR PB&J on Assorted Breads </p> <p>Assorted Veggie Cups</p> <p>Broccoli Florets</p> <p>Assorted Fruit Choices</p> <p>Choice of Milk</p>
<p>DAILY BOWL SPECIAL</p> <p>\$4.25</p>		<p>RED CURRY HUMMUS W/ GRILLED CHICKEN, Shredded Carrots, Red Cabbage over Quinoa</p>	<p>TEX-MEX BOWL</p> <p>SEASONED TACO MEAT, BLACK BEANS, LETTUCE TOMATO, SALSA & RICE</p>	<p>QUINOA & BALSAMIC ROASTED EGGPLANT, SQUASH, ONIONS & PEPPERS</p>	<p>WHITE MEAT CHICKEN NUGGETS, SWEET CORN, MASHED POTATOES & GRAVY</p>
<p>PASTA STATION</p> <p>\$3.50</p>		<p>SPAGHETTI</p> <p>With Oil & Garlic</p>	<p>BAKED ZITI</p> <p>GARLIC STICK</p>	<p>BOWTIES WITH MARINARA or PESTO</p>	<p>TORTELLINI</p> <p>PLAIN OR MARINARA</p>
<p>CARDINAL SPECIALS \$5.50</p> 		<p>GRILLED CHEESE SMALL SOUP AND SALAD</p>	<p>CHICKEN PESTO WITH FETTUCCINI AND SALAD</p>	<p>VEGGIE PANINI WITH SALAD AND SOUP</p>	<p>HOMEMADE MEATLOAF</p> <p>With Mashed Potatoes, Gravy & Dinner Roll</p>
<p>FROM THE GRILL & ALA CARTE</p>		<p>JUICY QUARTER POUND CHEESEBURGER</p> <p>Lettuce & Tomato</p> <p>\$3.50</p> <p>WITH FRENCH FRIES</p> <p>\$4.00</p>	<p>PHILLY CHEESE STEAK</p> <p>Peppers, Onions, & Cheese</p> <p>\$4.75</p> <p>WITH FRENCH FRIES</p> <p>\$5.25</p>	<p>Garden Catering Wrap</p> <p>Nuggets & Cheese, Lettuce & Tomato</p> <p>Bleu Cheese & Buffalo Sauce</p> <p>\$8.25</p>	<p>CHICKEN/CHEESE or CHEESE</p> <p>QUESADILLAS </p> <p>\$4.50</p> <p>WITH FRENCH FRIES</p> <p>\$5.00</p>

GREENWICH HIGH SCHOOL LUNCH MENU

FEBRUARY 25 – MARCH 1, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PLATE LUNCH Student: \$3.85  Look for our new symbol on the menu and in your cafeteria identifying products that are "Suitable for Vegetarians" 	HOMEMADE MEATBALL PARMIGIANA GRINDER OR DOMINO'S™ PIZZA  OR ASSORTED SALADS SANDWICHES  OR PB&J on Assorted Breads  Assorted Veggie Cups Or Tossed Salad  Assorted Fruit Choice Choice of Milk	CHILI CON CARNE With Nacho Chips & Brown Rice OR DOMINO'S™ PIZZA  OR ASSORTED SALADS SANDWICHES  OR PB&J on Assorted Breads  Assorted Veggie Cups Or Sweet Corn  Assorted Fruit Choice Choice of Milk	PASTA  With or without HOMEMADE MEATSAUCE Garlic Roll OR DOMINO'S™ PIZZA  OR ASSORTED SALADS SANDWICHES  OR PB&J on Assorted Breads  Assorted Veggie Cups Or Kale Chips  Assorted Fruit Choice Choice of Milk	ITALIAN 3 FT. WEDGE SLICE Lettuce & Tomato OR DOMINO'S™ PIZZA  OR ASSORTED SALADS SANDWICHES  OR PB&J on Assorted Breads  Assorted Veggie Cups Or Potato Triangles  Assorted Fruit Choice Choice of Milk	CHICKEN NUGGETS BBQ SAUCE With Couscous OR DOMINO'S™ PIZZA  OR ASSORTED SALADS SANDWICHES  OR PB&J on Assorted Breads  Assorted Veggie Cups Or Caesar Salad  Assorted Fruit Choice Choice of Milk
DAILY BOWL SPECIAL \$4.25	FRESH ESCAROLE AND BEAN PASTA BOWL	MEXICAN CHICKEN FAJITA RICE BOWL WITH BLACK BEAN & CORN SALAD	BBQ PULLED PORK RICE BOWL W/ SWEET POT. & CORN	MEDITERRANEAN CHICKEN RICE BOWL WITH RED CURRY HUMMUS	COUSCOUS BOWL W/ ZA'ATAR CHICKPEAS ROASTED CAULIFLOWER & FRESH PARSLEY SAUCE
PASTA STATION \$3.50	PENNE WITH OIL & GARLIC OR MARINARA & ROLL	SPAGHETTI WITH MEAT SAUCE OR MARINARA & WEDGE	BAKED ZITI AND GARLIC BREAD	FETTUCCHINI ALFREDO OR MARINARA & ROLL	TRICOLOR PASTA PESTO OR MARINARA SAUCE & WEDGE
CARDINAL SPECIALS \$5.50 	GARDEN BURGER with Guacamole WG Roll Tossed Salad & Fresh Escarole	ITALIAN SAUSAGE, PEPPERS & ONION WEDGE & TOSSED SALAD	WARM, CRISPY WHITE MEAT CHICKEN CEASAR SALAD CRUSTY BREADSTICK	HOMEMADE SHEPARD'S PIE Seasoned Ground Beef w/ Peas, Carrots & Corn topped with Mashed Potatoes & Salad	ASSORTED HOMEMADE QUCHE DU JOUR WITH SALAD
FROM THE GRILL & ALA CARTE	CHICKEN CUTLET Bacon & Cheddar Cheese Chipotle Mayo \$5.00 W/ FRENCH FRIES \$5.50	¼ # B.L.T. CHEESEBURGER Bacon, Lett. & Tom. \$4.00 WITH FRENCH FRIES \$4.50	Garden Catering Wrap Nuggets & Cones With Cheese Honey Mustard Sauce \$8.25	CHICKEN/CHEESE or CHEESE QUESADILLAS  \$4.50 WITH FRENCH FRIES \$5.00	TEXAS BURGER Chili & Cheddar Cheese Jalapenos \$4.00 WITH FRENCH FRIES \$4.50