





# GREENWICH HIGH SCHOOL LUNCH MENU

## JANUARY 7 - 11, 2019





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



# GREENWICH HIGH SCHOOL LUNCH MENU




## JANUARY 14 - 18, 2019



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>PLATE LUNCH</b></p> <p>Student: \$3.85</p> <div style="border: 1px dashed green; padding: 5px; width: fit-content;">  <p>Look for our new symbol on the menu and in your cafeteria identifying products that are "Suitable for Vegetarians"</p> </div>  <p><b>PASTA STATION DAILY</b> \$3.50</p>	<p><b>WHITE MEAT CHICKEN SANDWICH FRESH HARD ROLL</b> <b>Lettuce &amp; Tomato</b> OR DOMINO'S PIZZA</p> <p>OR</p> <p>ASSORTED SALADS, SANDWICHES OR PB&amp;J On Assorted Breads</p> <p>Assorted Veggie Cups Or Kale Chips Assorted Fruit Choices Choice of Milk</p>	<p><b>TACOS With TOPPINGS</b> <i>Soft Tortillas Or Hard Shells With Toppings</i> <b>Served w/ Rice</b> OR DOMINO'S™ PIZZA</p> <p>OR</p> <p>ASSORTED SALADS, SANDWICHES OR PB&amp;J on Asst. Breads</p> <p>Assorted Veggie Cups Or Sweet Corn Assorted Fruit Choices Choice of Milk</p>	<p><b>SPAGHETTI AND HOMEMADE MEATBALLS</b> Garlic Roll OR</p> <p>DOMINO'S™ PIZZA OR</p> <p>ASSORTED SALADS</p> <p>SANDWICHES OR PB&amp;J on Asst. Breads</p> <p>Assorted Veggie Cups Or Fresh Salad Assorted Fruit Choices Choice of Milk</p>	<p>BAKED WHITE MEAT CHICKEN NUGGETS Dinner Roll OR</p> <p>DOMINO'S™ PIZZA OR</p> <p>ASSORTED SALADS SANDWICHES OR PB&amp;J on Asst. Breads</p> <p>Assorted Veggie Cups Or Oven Fries Assorted Fruit Choices Choice of Milk</p>	<p><b>STEAK AND CHEESE ON A WEDGE</b> OR DOMINO'S™ PIZZA OR</p> <p>ASSORTED SALADS SANDWICHES OR PB&amp;J on Asst. Breads</p> <p>Assorted Veggie Cups Or Green Salad Assorted Fruit Choice Choice of Milk</p>
<p><b>DAILY SPECIAL</b> \$4.25</p>	<p>QUINOA w/ ROASTED KALE AND CHICKPEA POWER BOWL w/w/out CHICKEN LITE VEGGIE STOCK</p>	<p><b>TERIYAKI CHICKEN BOWL WITH FRESH BROCCOLI OVER BROWN RICE</b></p>	<p>GARDEN BURGER BOWL Greens, Carrots, Tomato, Green Pepper &amp; Roasted Red Onion</p>	<p><b>FRESH BAKED POTATO BOWL with ASSORTED TOPPINGS</b></p>	<p>SOUTHWESTERN Rice bowl with Chicken, Black Bean &amp; Corn Salad, with Tomatoes &amp; Salsa</p>
<p><b>CARDINAL SPECIALS</b> \$5.50</p>	<p>BAKED EGGPLANT PARMIGIANA WITH SMALL SOUP &amp; SALAD</p>	<p>WARM CRISPY WHITE MEAT CHICKEN CEASAR SALAD W/ CRUSTY BREADSTICK</p>	<p><b>CHICKEN MARSALA BONELESS CHICKEN BREAST WITH MUSHROOMS LITE BROWN SAUCE WITH PASTA</b></p>	<p>LOMO SALTADO Peruvian Style Beef With Tomato, Onion &amp; Rice OVER Oven Fries</p>	<p>CHEESE TORTELLINI PESTO SAUCE TOASTED GARLIC BREAD AND FRESH TOSSED SALAD</p>
<p><b>FROM THE GRILL &amp; ALA CARTE</b></p>	<p><b>GRILLED REUBEN</b> <b>Corn Beef, Russian, &amp; Sauerkraut on Rye</b> <b>\$4.75</b> <b>W/ FF's \$5.25</b></p>	<p>JUICY ¼ # CHEESEBURGER LETTUCE/ TOMATO \$3.50 W/ FRIES \$4.00</p>	<p>GRILLED CHEESE WITH BACON \$4.00 WITH OVEN FRIES \$4.50</p>	<p>ALL WHITE MEAT CHICKEN PARMIGIANA GRINDER \$4.50 WITH FRIES \$5.00</p>	<p>Garden Catering Wrap Nuggets &amp; Cones With Cheese Honey Mustard Sauce \$8.25</p>

# GREENWICH HIGH SCHOOL LUNCH MENU

## JANUARY 21 - 25, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PLATE LUNCH</b>  <b>Student: \$3.85</b>  Look for our new symbol on the menu and in your cafeteria identifying products that are "Suitable for Vegetarians"  <b>PASTA STATION \$3.50</b>	<b>MARTIN LUTHER KING JR DAY</b>  <b>SCHOOL CLOSED</b>	<b>SUPER CHCKEN WITH LETTUCE AND TOMATO</b> <b>OR</b> <b>DOMINO'S PIZZA</b> <b>OR</b> ASSORTED SALADS SANDWICHES OR PB&J on Assorted Breads  Assorted Veggie Cups Or Tossed Salad Greens Assorted Fruit Choice Choice of Milk	<b>PENNE AND MEATBALLS</b> <b>GARLIC BREAD</b> <b>OR</b> DOMINO'S™ PIZZA 🍃 <b>OR</b> ASSORTED SALADS 🍃 SANDWICHES OR PB&J on Assorted Breads 🍃  Assorted Veggie Cups Or Fresh Cole Slaw 🍃 Assorted Fruit Choice Choice of Milk	HOMEMADE BEEF BURRITOS WITH RICE <b>OR</b> DOMINO'S™ PIZZA 🍃 <b>OR</b> ASSORTED SALADS, SANDWICHES OR PB&J ON ASSORTED BREADS 🍃  Assorted Veggie Cups Or Sweet Corn 🍃 Assorted Fruit Choice Choice of Milk	<b>ITALIAN 3 FT WEDGE SLICE LETTUCE &amp; TOMATO</b> <b>OR</b> DOMINO'S PIZZA <b>OR</b> ASSORTED SALADS, SANDWICHES OR PB&J ON ASSORTED BREADS  Assorted Veggie Cups Or Romaine Salad Assorted Fruit Choice Choice of Milk
<b>DAILY BOWL SPECIAL \$4.25</b>		<b>SEASONED BEEF AND BROCCOLI RICE BOWI</b>	<b>FRESH ESCAROLE AND BEAN PASTA BOWL</b>	<b>TEX - MEX BOWL SEASONED TACO MEAT; BLACK BEANS, LETTUCE TOMATO &amp; SALSA</b>	<b>COUSCOUS With Chicken Cucumber, Tomatoes Red Onion and Feta With Fresh Dill</b>
<b>CARDINAL \$5.50 SPECIALS</b> 		<b>ALL WHITE MEAT CHICKEN PARM WITH GARLIC BREAD AND SALAD</b>	<b>PULLED PORK SANDWICH WITH BBQ SAUCE TOPPED WITH CREAMY COLE SLAW ON A ROLL</b>	<b>CHICKEN PESTO BONELESS CHICKEN BREAST WITH FRESH TOMATO W W/O FRESH MOZZARELLA With Pasta &amp; Salad</b>	<b>BAKED POTATO WITH TOPPINGS SMALL SOUP AND FRESH SALAD</b>
<b>FROM THE GRILL &amp; ALA CARTE</b>		<b>B.L.T. CHEESEBURGER BACON, LET, TOM \$4.00</b>  WITH FRENCH FRIS \$4.50	GARDEN CATERING WRAP NUGGETS & CONES WITH CHEESE HONEY MUSTARD SAUCE \$8.25	<b>PHILLY CHEESE STEAK</b> Peppers, Onions and Cheese \$4.75 <b>With French Fries \$5.25</b>	<b>CHICKEN &amp; CHEESE OR CHEESE QUESADILLAS \$4.50</b> <b>With French Fries \$5.00</b>