

























# GREENWICH HIGH SCHOOL LUNCH MENU

## MARCH 4 – 8, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PLATE LUNCH</b>  <b>Student: \$3.85</b>  <p>Look for our new symbol on the menu and in your cafeteria identifying products that are "Suitable for Vegetarians"</p> 	<b>WHITE MEAT CHICKEN SANDWICH</b> FRESH HARD ROLL Lettuce & Tomato OR DOMINO'S PIZZA  OR ASSORTED SALADS, SANDWICHES OR PB&J On Assorted Breads  Assorted Veggie Cups Or Kale Chips Assorted Fruit Choices Choice of Milk	<b>TACOS With TOPPINGS</b> Soft Tortillas Or Hard Shells With Toppings Served w/ Rice OR DOMINO'S™ PIZZA OR ASSORTED SALADS, SANDWICHES OR PB&J on Asst. Breads  Assorted Veggie Cups Or Sweet Corn Assorted Fruit Choices Choice of Milk	<b>SPAGHETTI AND HOMEMADE MEATBALLS</b> Garlic Roll OR  DOMINO'S™ PIZZA OR ASSORTED SALADS  SANDWICHES OR PB&J on Asst. Breads  Assorted Veggie Cups Or Fresh Salad Assorted Fruit Choices Choice of Milk	BAKED WHITE MEAT CHICKEN NUGGETS Dinner Roll OR  DOMINO'S™ PIZZA OR ASSORTED SALADS SANDWICHES OR PB&J on Asst. Breads  Assorted Veggie Cups Or Oven Fries Assorted Fruit Choices Choice of Milk	<b>STEAK AND CHEESE ON A WEDGE</b> OR DOMINO'S™ PIZZA OR  ASSORTED SALADS SANDWICHES OR PB&J on Asst. Breads  Assorted Veggie Cups Or Green Salad Assorted Fruit Choice Choice of Milk
<b>DAILY BOWL SPECIAL</b>  <b>\$4.25</b>	<b>SEASONED SLICED BEEF AND BROCCOLI RICE BOWL</b>	<b>QUINOA POWER BOWL</b> <b>ROASTED KALE, CHICKPEA AND MUSHROOMS WITH OR WITHOUT CHICKEN</b> <b>LITE VEGETABLE STOCK</b>	<b>HONEY LEMON CHICKEN RICE BOWL WITH TOASTED SESAME SEEDS</b>	<b>FRESH BAKED POTATO w/ ASSORTED TOPPINGS</b>	<b>SOUTHWESTERN</b> Rice bowl with Chicken, Black Bean & Corn Salad, with Tomatoes & Salsa
<b>PASTA STATION</b>  <b>\$3.50</b>	PENNE MARINARA OR PLAIN	PASTA SHELLS GARLIC/OIL OR PESTO	BAKED LASAGNA GARLIC BREAD	HOMEMADE BEEFARONI	SPAGHETTI PLAIN OR MARINARA
<b>CARDINAL SPECIALS</b> \$5.50  	<b>BAKED EGGPLANT PARMIGIANA WITH SMALL SOUP &amp; SALAD</b>	<b>WARM CRISPY WHITE MEAT CHICKEN CEASAR SALAD w/ CRUSTY BREADSTICK</b>	<b>VEGETABLE LASAGNA GARLIC ROLL AND SALAD</b>	<b>LOMO SALTADO</b> <b>Peruvian Style Beef With Tomato, Onion &amp; Rice OVER Oven Fries</b>	<b>CHEESE TORTELLINI PESTO SAUCE TOASTED GARLIC BREAD AND FRESH TOSSED SALAD</b>
<b>FROM THE GRILL &amp; ALA CARTE</b>	<b>GRILLED REUBEN</b> <b>Corn Beef, Russian, &amp; Sauerkraut on Rye</b> <b>\$4.75</b> <b>W/ FF's \$5.25</b>	<b>JUICY ¼ # CHEESEBURGER</b> <b>LETTUCE/ TOMATO</b> <b>\$3.50</b> <b>W/ FRIES \$4.00</b>	<b>GRILLED CHEESE WITH BACON</b> <b>\$4.00</b> <b>WITH OVEN FRIES</b> <b>\$4.50</b>	<b>ALL WHITE MEAT CHICKEN PARMIGIANA GRINDER</b> <b>\$4.50</b> <b>WITH FRIES \$5.00</b>	<b>Garden Catering Wrap</b> <b>Nuggets &amp; Cones</b> <b>With Cheese</b> <b>Honey Mustard Sauce</b> <b>\$8.25</b>



















# GREENWICH HIGH SCHOOL LUNCH MENU

## MARCH 11– 15, 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 CHEESE ENCHILADAS</b> <b>Nacho Chips &amp; Salsa</b> OR DOMINO'S™ PIZZA  OR ASSORTED SALADS  SANDWICHES OR PB&J on Assorted Breads  Assorted Veggie Cups Seasoned Black Beans  Assorted Fruit Choice Choice of Milk	FRESH MADE MACARONI AND CHEESE  OR <b>DOMINO'S PIZZA</b>  OR ASSORTED SALADS  SANDWICHES OR PB&J on Assorted Breads  Assorted Veggie Cups Tossed Salad Greens  Assorted Fruit Choice Choice of Milk	PENNE AND MEATBALLS GARLIC BREAD OR DOMINO'S PIZZA  OR ASSORTED SALADS  SANDWICHES OR PB&J ASSORTED BREADS   Assorted Veggie Cups Seasoned Escarole  Assorted Fruit Choice Choice of Milk	TACOS WITH TOPPINGS SOFT OR HARD SHELL & RICE 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	<b>BBQ RIB SANDWICH</b> <b>WITH W/O PICKLES AND RED ONIONS</b> OR DOMINO'S PIZZA  OR ASSORTED SALADS, SANDWICHES OR PB&J ON ASSORTED BREADS   Assorted Veggie Cups Or Mashed Potatoes  Assorted Fruit Choice Choice of Milk
<b>DAILY BOWL SPECIAL</b> <b>\$4.25</b>	<b>TERIYAKI CHICKEN AND FRESH BROCCOLI RICE BOWL</b>	<b>QUINOA POWER BOWL</b> with ROASTED KALE RED PEPPERS, ONION MUSHROOMS AND CHICKPEAS	<b>FRESH ESCAROLE AND BEAN PASTA BOWL</b> Garlic Roll	<b>MEDITERRANEAN CHICKEN RICE BOWL WITH RED CURRY HUMMUS</b>	<b>SEASONED CHICKEN WITH MASHED POTATOES GRAVY AND CORN</b>
<b>PASTA STATION</b> <b>\$3.50</b>	PASTA SHELLS Mariana or Oil & Garlic	PASTA ZITI PESTO OR MARINARA	BAKED RAVIOLI GARLIC BREAD	FETTUCCINI PLAIN OR MARINARA	TRICOLOR Oil & Garlic / Marinara
<b>CARDINAL SPECIALS</b> \$5.50 	OVEN ROASTED FRESH VEGETABLE BURRITO W OR W/O FRESH MOZZARELLA WITH SOUP	ALL WHITE MEAT CHICKEN PARM WITH GARLIC ROLL AND SALAD	<b>ROASTED CHICKEN QUARTERS WITH STUFFING AND VEGETABLE</b>	<b>ITALIAN SAUSAGE PEPPERS &amp; ONION WITH TOSSED SALAD</b>	<b>HOMRMADE MEATLOAF MASHED POTATOES WITH GRAVY AND SALAD</b>
<b>FROM THE GRILL &amp; ALA CARTE</b>	<b>BALBOA</b> SLICED ROAST BEEF AND SWISS CHEESE ON GARLIC WEDGE <b>\$4.75</b> WITH FRENCH FRIES <b>\$5.25</b>	CHILI – N - CHEESEBURGER LET, Tom <b>\$4.00</b>  WITH FRENCH FRIES <b>\$4.50</b>	PHILLY CHEESE STEAK PEPPERS, ONIONS AND CHEESE <b>\$4.75</b> WITH FRENCH FRIES <b>\$5.25</b>	GARDEN CATERING WRAP NUGGETS & CONES WITH CHEESE HONEY MUSTARD SAUCE <b>\$8.25</b>	<b>CHICKEN &amp; CHEESE OR CHEESE QUESADILLAS</b> <b>\$4.50</b> <b>With French Fries</b> <b>\$5.00</b>


# GREENWICH HIGH SCHOOL LUNCH MENU

## MARCH 18 – 22, 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>CHEESEBURGER DELUXE</b> <b>ON SMALL HARD ROLL</b> <b>LETTUCE &amp; TOMATO</b> <b>OR</b> 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	STUFFED SHELLS Homemade Non GMO Tomato Sauce GARLIC STICK 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	HOMEMADE BEEF BURRITOS RICE, SALSA AND TORTILLA CHIPS <b>OR</b> DOMINO'S™ PIZZA  OR ASSORTED SALADS,  SANDWICHES OR PB&J ON ASSORTED BREADS  Assorted Veggie Cups Broccoli Florets  Assorted Fruit Choice Choice of Milk	<b>ITALIAN 3 FT WEDGE</b> <b>SLICE W/ LETTUCE &amp;</b> <b>TOMATO</b> <b>OR</b> 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
<b>DAILY BOWL SPECIAL</b> <b>\$4.25</b>	<b>QUINOA</b> <b>ROASTED ZUCCHINI AND</b> <b>CHERRY TOMATOES WITH</b> <b>FRESH BASIL &amp; FETA</b> <b>W/W/O CHICKEN</b>	<b>TERIYAKI</b> <b>CHICKEN</b> <b>RICE BOWL</b> <b>WITH BROCCOLI</b>	<b>TEX-MEX BOWL</b> <b>SEASONED TACO</b> <b>MEAT, BLACK</b> <b>BEANS, LETTUCE</b> <b>TOMATO &amp; SALSA</b>	<b>KOREAN</b> <b>BIBIMBAP BOWL</b> <b>BEEF, VEGGIES, RICE</b> <b>TOPPED WITH FRIED EGG</b> <b>AND SPECIAL SAUCE</b>	<b>SOUTHWESTERN</b> <b>RICE BOWL</b> <b>WITH CHICKEN, BLACK</b> <b>BEANS &amp; CORN SALAD,</b> <b>TOMATOES AND SALSA</b>
<b>PASTA STATION</b> <b>\$3.50</b>	PENNE WITH MARINARA OR BOLOGNAISE SAUCE & ROLL	TRICOLOR PASTA OIL & GARLIC OR MARINARA & WEDGE	BAKED LASAGNA WITH MARINARA GARLIC BREAD	<b>SPAGHETTI WITH</b> <b>MARINARA OR MEAT</b> <b>SAUCE &amp; ROLL</b>	TORTELLINI WITH PESTO OR MARINARA & GARLIC STICK
<b>CARDINAL SPECIALS</b> \$5.50 	<b>GARDEN BURGER</b> <b>With Guacamole</b> <b>Roll or Over Salad</b> <b>Lettuce, Tomato and</b> <b>Fresh Roasted</b> <b>Zucchini</b>	<b>PULLED PORK</b> <b>SANDWICH</b> <b>TANGY BBQ Sauce</b> <b>Topped with Creamy</b> <b>Cole Slaw on a Roll</b>	<b>ASSORTED</b> <b>HOMEMADE</b> <b>QUICHE DEJOUR</b> <b>WITH SALAD</b>	WARM CRISPY WHITE MEAT CHICKEN CEASAR SALAD & CRUSTY BREADSTICK	<b>ALL WHITE MEAT</b> <b>CHICKEN PARM</b> <b>WITH GARLIC BREAD</b> <b>AND FRESH SALAD</b>
<b>FROM THE GRILL &amp;</b> <b>ALA CARTE</b>	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	<b>GARDEN CATERING</b> <b>WRAP</b> <b>NUGGETS &amp; CONES</b> <b>WITH CHEESE</b> <b>HONEY MUSTARD</b> <b>SAUCE \$8.50</b>	GRILLED REUBEN Corned Beef, Russian, & Sauerkraut on Rye \$4.75 With French Fries \$5.25

# GREENWICH HIGH SCHOOL LUNCH MENU

## MARCH 25 - 29, 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>TACOS WITH TOPPINGS</b> Soft or Hard Shells Lettuce & Tomato Brown Rice OR DOMINO'S PIZZA  OR ASSORTED SALADS  SANDWICHES OR PB&J On Assorted Breads  ASSORTED VEGGIE CUP CHOICES OR SWEET CORN Assorted Fruit Choices Choice of Milk	<b>TERIYAKI CHICKEN QUARTERS Dinner Roll</b> OR DOMINO'S™ PIZZA  OR ASSORTED SALADS  SANDWICHES OR PB&J On Assorted Breads  Assorted Veggie Cups Mashed Potatoes & Gravy  Assorted Fruit Choices Choice of Milk	PASTA BOLOGNESE Penne Pasta with Meat Sauce GARLIC STICK OR DOMINO'S™ PIZZA  OR ASSORTED SALADS  SANDWICHES OR PB&J on Asst. Breads  Assorted Veggie Cups Caesar Salad  Assorted Fruit Choices Choice of Milk	<b>HOMEMADE MACARONI &amp; CHEESE</b>  OR DOMINO'S™ PIZZA  OR ASSORTED SALADS  SANDWICHES OR PB&J on Assorted Breads  Assorted Veggie Cups Tossed Salad  Assorted Fruit Choices Choice of Milk	FISH & CHIPS SANDWICH With POTATO TRIANGLES OR DOMINO'S™ PIZZA  OR ASSORTED SALADS  SANDWICHES OR PB&J on Assorted Breads  Assorted Veggie Cups Broccoli Florets Assorted Fruit Choices Choice of Milk
<b>DAILY BOWL SPECIAL</b> <b>\$4.25</b>	<b>HONEY LEMON CHICKEN RICE BOWL WITH BROCCOLI</b>	<b>SEASONED CHICKEN WITH MASHED POTATOES &amp; GRAVY AND SWEET CORN</b>	<b>SEASONED SLICED BEEF BROCCOLI RICE BOWL</b>	<b>QUINOA &amp; BALSAMIC ROASTED EGGPLANT, SQUASH, ONIONS &amp; PEPPERS</b>	<b>TERIYAKI CHICKEN AND BROCCOLI RICE BOWL</b>
<b>PASTA STATION</b> <b>\$3.50</b>	<b>RAVIOLI MARINARA</b>	<b>SPAGHETTI</b> With Oil & Garlic	<b>FRESH BAKED ZITI</b>	<b>BOWTIES</b> W/Marinara or Plain	<b>TORTELLINI</b> PLAIN OR MARINARA
<b>CARDINAL SPECIALS</b> \$5.50  	<b>BAKED POTATO WITH TOPPINGS SOUP &amp; FRESH TOSSED SALAD</b>	<b>HOMEMADE MEATLOAF MASHED POTATOES, GRAVY DINNER ROLL</b>	<b>CHICKEN PESTO</b> <i>BONELESS CHICKEN BREAST FRESH TOMATO &amp; BASIL PESTO W/WITHOUT MOZZARELLA WITH PASTE AND SALAD</i>	<b>ROASTED VEGGIE PANINI WITH SALAD AND SMALL SOUP</b>	<b>GRILLED CHEESE SMALL SOUP AND SALAD</b>
<b>FROM THE GRILL &amp; ALA CARTE</b>	<b>GRILLED ALL BEEF HOT DOG WITH TOPPINGS \$3.50 WITH FRENCH FRIES \$4.00</b>	<b>JUICY QUARTER POUND CHEESEBURGER</b> Lettuce & Tomato \$3.50 <b>W/ FRENCH FRIES \$4.00</b> \$4.00	<b>PHILLY CHEESE STEAK</b> Peppers, Onions, & Cheese \$4.75 W/ FF'S \$5.25 \$5.25	<b>Garden Catering Wrap</b> <b>Nuggets &amp; Cheese, Lettuce &amp; Tomato</b> <b>Bleu Cheese &amp; Buffalo Sauce</b> <b>\$8.25</b>	CHICKEN/CHEESE or CHEESE QUESADILLAS  \$4.50 W/ FRENCH FRIES \$5.00 \$5.00