

MENU JANUARY-JUNE 2012



NORTH & SOUTH ESK
REGIONAL HIGH SCHOOL

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------|---|---|--|---|---|
| | Yogurt Parfaits \$2.75 Toast \$1.20 Bagels \$1.30 | Yogurt Parfaits \$2.75 Toast \$1.20 Bagels \$1.30 | Yogurt Parfaits \$2.75 Toast \$1.20 Bagels \$1.30 | Yogurt Parfaits \$2.75 Toast \$1.20 Bagels \$1.30 | Yogurt Parfaits \$2.75 Toast \$1.20 Bagels \$1.30 |
| | Daily - Muffins \$1.20 (1), varieties of Cookies \$0.60 (1), Banana Bread \$1.10, Cheese Bread Stick \$1.50 or Cinnamon Bread Stick \$1.25, Cinnamon Bun \$1.30, Apple Sauce Brownies \$0.75, Rice Crispy Squares \$0.75 Pizza Rolls or Pizza Pulls \$2.50 (2 varieties daily) | | | | |
| | Garlic Round \$3.50 3 Cheese Pizza \$2.85 Pepperoni Pizza \$2.85 | Chicken Caesar Pizza \$2.85 3 Cheese Pizza \$2.85 Cheeseburger Pizza \$2.85 | Garlic Round \$3.50 3 Cheese Pizza \$2.85 New BBQ Chicken \$2.85 | Pepperoni Pizza \$2.85 3 Cheese Pizza \$2.85 Veggie Pizza \$2.85 | Garlic Round \$3.50 3 Cheese Pizza \$2.85 Mexican Pizza \$3.30 |
| \$4.30 or with Milk \$4.75 | Trattoria Bowl Macaroni and Cheese or Beefaroni and a Breadstick. | Bake Enchilada (Mexican Chicken Lasagna) Mexican Rice | Baja Stir Fry or Fajita Served on White Rice or as a Wrap with your choice of Chicken or Beef. | FEATURE THEME MEAL Theme Meals and Desserts provided by Supervisor Will Vary with Holiday | Chicken Rice Playbowl Choice of Drumbstick or 2 Chicken Strips with sauce Fluffy Rice |
| HEALTHY SIDE OF THE DAY!!! | Caesar Salad | Spinach & Mandarine Salad | Steamed Vegetables | | Seasonal Fruit Slices |
| | Alarm Clock Special if you are at the Cash when the Alarm goes off your meal is FREE!! | TOONIE TUESDAY Each week a different item will be featured. | Popcorn Mania Popcorn for \$1.00 | BOGO 1/2 OFF Buy one Chicken Burger and get a bottle of Water Half Price!! | Buy a 6 inch Sub and you can combo it up with Chips and Bottled Water for \$2.40 |
| BOWLS ONLY!!!! | Hot Bowl of Soup, Potato Bowl, Rice Bowl, Pasta Bowl(Beefaroni or Spagettti) or Chili in a Flat Bread Bowl (NEW!!!!) - 1 or 2 Each day! | | | | |
| | Hamburger, Cheese Burger, Hamburger Snack Wrap, Chicken Snack Wrap, Grilled Cheese Sandwich, Periogies, Chicken Nuggets, Chicken Strips, and our new Fries. Any Grab a Stack item can be made into a combo with Fries for \$1.25 more. (variety of 2 or 3 of these avialable) | | | | |
| | Daily Variety of - Yogurt, Salads, Snack Bags (2), Baked Chips, Wedge Sandwiches (2) and Desserts (min 1), | | | | |
| MENU DATES | Jan 9-13 Jan 23-27 Feb 6-10 Feb 20-24 Mar 5-9 Mar 19-23 Apr 2-6 Apr 16-20 Apr 30-May 4 May 14-18 May 28- June 1 | | | | |