

Caterings Best

Foundation High

JANUARY 2012

Lunch Choices

- Daily Lunch (below) \$4.00
- Deli Sub \$4.00
- Salad Bar \$4.00
- Side Salad \$1.00
- Water \$1.00
- 100% Juice \$1.00
- Milk \$1.00

Homemade Brownies \$1.00

Homemade Cookies \$1.00

Fresh Fruit of Day \$1.00

Bananas, Apples, Oranges, Grapes Cluster, Pears, Peaches, Berry Mix and more

Healthy Snack Pack Alternative \$4.00

Pack will include a variety of healthy items that may include 4 to 5 items Such as.... *Organic Kids Smart Bars * Fruit GO-GO Squeeze * All Naturel Fruit Strips * Organic Snackimal Cookies* Fresh Fruit of the day Plus 100% Juice Box

Daily Desserts

May be any one of the following items...

Fresh Fruit Tropical Fruit in Natural Juice* Cookies* Cakes* Pudding* Homemade Fresh Fruit Cobblers* and more

Salad

Organic Baby Mixed Greens, Tossed Salad Mix, Organic Baby Carrots, Cherry tomatoes, Cucumber, Black Olives, Chick Peas, Raisons, Croutons, Cheddar Cheese, Mexican Cheese, Feta Cheese, Eggs, Fresh Fruit in season, Tuna Salad, Chicken Salad, Sunflower Seeds, plus.....

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Charbroiled ¼ lb Beef Burger served on a Fresh Bun Lettuce, Tomato, Pickles, Sun Chips, Fruit Cups	3 Baked Ziti baked with real Ricotta & Mozzarella Cheese Caesar Salad, Garlic Bread & Dessert	4 Chicken Fingers Green Beans Au gratin Potatoes Bread & Dessert	5 Oven Baked Pizza Tossed Salad Dessert	6 Hot Dogs Baked Beans fruit	7
8	9 Charbroiled ¼ lb Beef Burger served on a Fresh Bun Lettuce, Tomato, Pickles, Sun Chips, Fruit Cups	10 Chicken Strips in a creamy Alfredo Sauce, Mixed Green Salad, Garlic Bread & Dessert	11 Chicken Nuggets Mashed Potatoes Sweet Buttered Corn Bread & Dessert	12 Oven Baked Pizza Tossed Salad Dessert	13 Early Dismissal	14
15	16 Martin Luther King Holiday No School	17 Chicken Mac-n-Cheese Bake Salad Fresh Bread Fruit	18 Chicken Teriyaki Veggie Low Main Dessert	19 Oven Baked Pizza Tossed Salad Dessert	20 Mexican Bar, Tortilla Chips, Seasoned Ground Beef, Meat & Bean Chili, Shredded Lettuce, Diced Tomatoes, Cheese	21
22	23 Charbroiled ¼ lb Beef Burger served on a Fresh Bun Lettuce, Tomato, Pickles, Sun Chips, Fruit Cups	24 Spaghetti Sauce with Meat Balls on side, served with Spaghetti Pasta, Tossed Salad, Garlic Bread & Dessert	25 Chicken Mashed Potatoes Peas Bread & Dessert	26 Oven Baked Pizza Tossed Salad Dessert	27 Hot Dogs Baked Beans fruit	28
29	30 Chicken Bites Mashed Potatoes Peas Fruit	31 Baked Ziti baked with real Ricotta & Mozzarella Cheese Caesar Salad, Garlic Bread & Dessert	1 Chicken Fingers Green Beans Au gratin Potatoes Bread & Dessert	2 Oven Baked Pizza Tossed Salad Dessert	3 Mexican Bar, Tortilla Chips, Seasoned Ground Beef, Meat & Bean Chili, Shredded Lettuce, Diced Tomatoes, Cheese	