

Holton Middle School September 2010

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, 1% white, and 1% chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	6 LABOR DAY NO SCHOOL	7 SOUTHEAST ASIAN RICE BOWL: Spicy Southeast Asian Chicken Curry Thai Red Fried Rice Steamed Broccoli Cuts Fresh Stir Fry Veggies Sesame Breadstick Spicy Curry Sauce Chopped Green Onion	8 BACKYARD BBQ BOWL: Fresh Roasted Southern Style BBQ Pork Cinnamon Sweet Potatoes Cheesy Macaroni Confetti Coleslaw Fresh Baked Biscuit Honey BBQ Sauce Chopped Green Onion	9 MOM'S MASHED POTATO BOWL: Pineapple Glazed Chicken Mashed Potatoes Bread Stuffing Made w/ Whole Wheat Seasoned Mixed Veggies Fresh Glazed Carrots Whole Grain Dinner Roll Pineapple Glaze Green Parsley	10 SIZZLING TACO SALAD BOWL: Spicy Taco Meat Whole Grain Tortilla Shell Rounds Rice & Beans Crispy Spinach Mixed Greens Warm Baked Apple Slices Cinnamon Breadstick Homemade Creamy Cilantro Lime Dressing Fresh Roasted Tomato Salsa	
	<p>Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily</p>	LABOR DAY NO SCHOOL	Salsa Chicken Wrap Broccoli w/ Cheese Sauce Fresh Romaine Lettuce & Tomato	Turkey & Cheese Bagel Melt Cinnamon Sweet Potatoes Fresh Romaine Lettuce & Tomato	Tilapia Fish Sandwich on a Whole Wheat Bun (Sustainable Seafood) Mashed Potatoes Fresh Romaine Lettuce & Tomato	Chicken Parm Wrap Warm Baked Apple Slices Fresh Romaine Lettuce & Tomato
	<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p>	LABOR DAY NO SCHOOL	Pepperoni Pizza Whole Wheat Pizza Dunkers w/ Shredded Cheese & Tomato Dipping Sauce	Veggie Lover's Pizza Broccoli & Cheese Calzone w/ Tomato Dipping Sauce	Pepperoni Pizza Triple Decker Bean Tostados w/ Salsa	Philly Cheese Steak Pizza Chicken Florentine Flatbread
	<p>Fresh Food Fast-Packaged for Grab N' Go</p>	LABOR DAY NO SCHOOL	Chicken Caesar Wrap Neapolitan Hero w/ Balsamic Vinaigrette & Vegetable Pasta Salad Chilled Pineapples Carrot Sticks	Santa Fe Turkey and Cheddar Wrap BBQ Chicken Salad w/ Toasted Flatbreads & Homemade Ranch Dressing Fresh Local Apples Confetti Coleslaw	Catalina Turkey Club Salad w/ Crackers Honey Mustard Ham & Cheese Wrap Veggie Pasta Salad Petite Bananas	Deli Chef Salad w/ Crackers Peanut Butter & Apple Whole Wheat Roll Ups Fresh Orange Wedges Creamy Carrot Raisin Pineapple Salad
	<p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	LABOR DAY NO SCHOOL	Caesar Romaine Side Salad w/ Croutons Chilled Pineapples Carrot Sticks Sweet and Sour Celery	Tossed Salad w/Light Dressing Fresh Local Apples Chilled Fruit Crisp Confetti Coleslaw	Spinach Romaine Salad w/Strawberries Chilled Pears Fresh Bananas Carrot Sticks	Tossed Salad w/ Light Dressing Fresh Orange Wedges Creamy Carrot Raisin Pineapple Salad Crunchy Spinach Salad

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 <p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	13 NORTHEAST ASIAN RICE BOWL: Pineapple Teriyaki Chicken Oriental Fried Rice Fresh Carrots & Onions Steamed Broccoli Cuts Crunchy Chow Mein Noodles Homemade Sesame Sauce Fresh Chopped Green Onion	14 MASHED POTATO BOWL: Breaded Popcorn Chicken Mashed Potatoes Seasoned Collards Roasted Carrot Fries WG Bread Stick Home made Chicken Gravy Fresh Shredded Carrot	15 NACHO BOWL: Spicy Turkey Taco Meat Cilantro Lime Brown Rice Whole Grain Corn Tortilla Shell Rounds Southwest Beans Mexican Corn Cinnamon Breadstick Fresh Homemade Salsa Shredded Cheddar	16 AMERICAN DINER BOWL: Roast Turkey w/ Gravy Sweet Potatoes Golden Corn Seasoned Green Beans Whole Grain Dinner Roll Homemade Turkey Gravy Green Parsley Flakes	17 ITALIAN PASTA BOWL: Saucy Italian Meatballs Whole Wheat Spaghetti Curly Rotini Pasta Fresh Steamed Veggie Medley Broccoli Slaw Toasted Whole Grain Garlic Bun Red Marinara Sauce Roma Herb Seasoning Blend
 <p>Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily</p>	Hot Chili Burger w/ Monterey Jack Broccoli w/ Shredded Cheese Fresh Romaine Lettuce & Tomato	Whole Grain Breaded Chicken Corn Dog Nuggets w/ Biscuit Roasted Carrot Fries Fresh Romaine Lettuce & Tomato	Pizza Burger on a Whole Wheat Bun Baked Potato Fresh Romaine Lettuce & Tomato	Breaded Chicken Parm Sandwich Golden Corn Fresh Romaine Lettuce & Tomato	Breakfast Burrito Oven Roasted Potato Fries Fresh Romaine Lettuce & Tomato
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p>	Pepperoni Pizza Red Hot Chicken Pizza Spinach Romaine Salad w/Strawberries	Chicken Tostado Flatbread Whole Wheat Pizza Bagels Pinto or Kidney Bean Salad	Hawaiian Pizza Cheese Finger Rip & Dips w/ Tomato Dipping Sauce Caesar Romaine Side Salad w/ Croutons	Pepperoni Pizza Whole Grain Mexican Pita Pizzas Tossed Salad w/ Light Dressing	Ham & cheese Stromboli BBQ Pizza Sweet Corn Salad
 <p>Fresh Food Fast-Packaged for Grab N' Go</p>	Deli Chef Salad w/ Crackers Whole Wheat Bagel w/ Sweet Creamy Cheese Spread Green Bean Salad Fresh Orange	Cobb Salad w/ Crackers Parisian Ham & Cheese Wrap Carrot Sticks Fresh Pear	Caribbean Chicken Salad w/ Homemade Spicy Dressing Turkey Club Wrap Chilled Peaches	Chicken Caesar Salad w/ Crackers Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo Petite Bananas	Crispy Chicken Popper Salad w/ Crackers Roast Beef, Red Onion & Spicy Tomato Mayo on Multigrain Bread w/ Homemade Vegetable Pasta Salad Carrot Sticks Cinnamon Applesauce
 <p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	Green Bean Salad Tossed Salad w/ Light Dressing Chilled Mixed Fruit Fresh Orange Wedges	Corn & Black Bean Salad Carrot Sticks Sweet Chewy Raisins Fresh Pears	Cucumber Citrus Salad Caesar Romaine Side Salad w/ Croutons Fresh Local Apples Chilled Peaches	Sweet and Sour Celery Tossed Salad w/ Light Dressing Petite Bananas Chilled Mixed Fruit	Sweet Corn Salad Carrot Sticks Tossed Salad w/ Light Dressing Cinnamon Applesauce



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 <p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	23 WET BURRITO BOWL: Beef & Bean Chili Fiesta Rice Golden Corn Shredded Lettuce & Diced Tomato Corn Bread Salsa Shredded Cheddar	24 MEDITERRANEAN BOWL: Tarragon Marinated Chicken Brown Veggie Rice Roasted Tomatoes w/ Rosemary Tossed Salad w/ Vinaigrette Warm Whole Wheat Pita Bread Taziki Sauce Chopped Green Onion	25 ASIAN LO MEIN NOODLE BOWL: Julienne Roast Pork Lo Mein Noodles Carrots & Onions Oriental Blend Veggies Whole Grain Dinner Roll Lo Mein Sauce Diced Red & Green Bell Pepper	26 MOM'S MASHED POTATO BOWL: Herb Roasted Chicken Mashed Potatoes Fresh Glazed Carrots Sweet Peas Whole Wheat Toasted Garlic Bun Homemade Chicken Gravy Fresh Diced Tomatoes	27 BRUNCH FOR LUNCH BOWL: Scrambled Eggs, Crumbled Sausage Herb Roasted Potatoes Fresh Orange Wedges Fruit Crisp Whole Wheat Waffle Warm Syrup Shredded Cheddar
 <p>Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily</p>	Whole Grain Chicken Nuggets Corn on the Cob Fresh Romaine Lettuce & Tomato	Philly Cheese Steak on a Roll Warm Baked Apple Slices Fresh Romaine Lettuce & Tomato	Mini Beef Slyders Sweet Potato Fries Fresh Romaine Lettuce & Tomato	Breaded Popcorn Chicken w/ Toasted Garlic Bun Mashed Potatoes Fresh Iceberg Romaine & Tomato	Greek Breaded Chicken Sandwich on a Whole Wheat Bun Herb Roasted Potatoes Fresh Romaine Lettuce & Tomato
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p>	Pepperoni Pizza Roasted Veggie Supreme Flatbread Tossed Salad w/ Light Dressing	Whole Wheat Pizza Dunkers w/ Shredded Cheese & Tomato Dipping Sauce Sausage Pizza Carrot Sticks	Chicken & Roma Tomato Whole Grain Pita Pizza Cheese Fingers Rip and Dip w/ Tomato Dipping Sauce Caesar Romaine Side Salad w/ Croutons	Pepperoni Pizza Turkey & Cheese Hot Pocket w/ Tomato Dipping Sauce Tossed Salad w/ Light Dressing	White French Bread Toast Margherita Flatbread Tossed Salad w/ Light Dressing
 <p>Fresh Food Fast-Packaged for Grab N' Go</p>	Garden Cheese Salad w/ Crackers Italian Hero Confetti Coleslaw Petite Banana	Wild Greens Antipasto Salad w/ Dinner Roll Buffalo Chicken Salad on a Whole Wheat Bagel Fresh Local Apples Sweet Corn Salad	Breaded Chicken Caesar Salad w/ Crackers Monterey Ranch Chicken Salad w/ Homemade Ranch Dressing Sweet Chewy Raisins Carrot Sticks	Catalina Turkey Club Salad w/ Crackers Roast Beef & Swiss on Rye w/ Golden Honey Mustard Chilled Pears Three Bean Salad	Santa Fe Turkey and Cheddar Wrap Fruit Yogurt Parfait w/ Granola Topping Fresh Oranges Pear Raisin Salad
 <p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	Petite Banana Confetti Coleslaw Chilled Mixed Fruit Mandarin Oranges	Fresh Local Apples Crunchy Spinach Salad Chilled Peaches Sweet Corn Salad	Chilled Pineapples Fruit Goop Carrot Sticks Sweet Chewy Raisins	Caesar Romaine Salad w/ Croutons Chilled Pears Fresh Local Apple Salad Three Bean Salad	Chilled Rosy Applesauce Fresh Orange Wedges Tossed Salad w/ Light Dressing Pear Raisin Salad

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<p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	27 BACKYARD BBQ BOWL: Honey BBQ Chicken Homemade Macaroni Salad Homemade Potato Salad Fresh Locally Grown Corn on the Cob Seasoned Carrots Warm Breadstick Honey BBQ Sauce Fresh Chopped Green Onion	28 FIESTA POTATO BOWL: Spicy Mexican Beef Whole Baked Potato Steamed Broccoli Cuts Southwest Corn & Black Bean Salad Made w/ Fresh Local Corn & Tomatoes Homemade Corn Bread or Whole Grain Dinner Roll Homemade Cheddar Cheese Sauce Fresh Shredded Carrot	29 CAJUN RICE BOWL: Savory Crumbled Sausage, Diced Ham Cajun Brown Rice Creole Ratatouille Warm Baked Apple Slices Fresh Baked Biscuit Spicy Tomato Sauce Fresh Chopped Green Onion	30 AMERICAN DINER BOWL: Meat Loaf Whole Wheat Macaroni w/ Cheese Sauce Fresh Homemade Mashed Potatoes Seasoned Mixed Veggies Whole Grain Dinner Roll Homemade Brown Gravy Green Parsley Flakes	October 1 ITALIAN PASTA BOWL: Tarragon Marinated Chicken Whole Wheat Spaghetti Roasted Italian Vegetables Made w/ Fresh Locally Grown Zucchini & Green Peppers Seasoned Green Beans Toasted Whole Grain Garlic Bun Garlic Cream Sauce, Red Marinara Sauce Roma Herb Seasoning Blend	
	<p>Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily</p>	Turkey Corn Dog Nuggets Fresh Locally Grown Corn on the Cob Fresh Romaine Lettuce & Tomato	Cheeseburger on a Whole Wheat Bun Oven Roasted Potato Fries Fresh Romaine Lettuce & Tomato	BBQ Chicken on a Whole Wheat Bun Warm Baked Apple Slices Fresh Romaine Lettuce & Tomato	BLT Burger on Whole Wheat Bun Mashed Potatoes Fresh Iceberg Lettuce & Tomato	Chicken Parmesan Wrap Roasted Italian Vegetables Made w/ Fresh Locally Grown Zucchini & Green Peppers Fresh Romaine Lettuce & Tomato
	<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p>	Pepperoni Pizza Margheritta Flatbread Green Bean Salad	Chicken Florentine Flatbread Whole Wheat Pizza Bagels Caesar Romaine Side Salad w/ Croutons	Chicken Brushetta Pizza Topped w/ Fresh Locally Grown Tomatoes Ham & Cheese Hot Pocket w/ Tomato Dipping Sauce Marinated Tomato & Cucumber Salad Made w/ Locally Grown Cucumbers & Tomatoes	Pepperoni Pizza Whole Grain Mexican Pita Pizzas Buttermilk Coleslaw Made w/ Fresh Locally Grown Cabbage	Grilled Veggie Pizza w/ Local Veggies BBQ Chicken Pizza Sweet Corn Salad
	<p>Fresh Food Fast-Packaged for Grab N' Go</p>	Deli Chef Salad w/ Crackers Triple Decker Turkey Club on Whole Wheat Green Bean Salad Fresh Orange	Cobb Salad w/ Crackers Parisian Ham & Cheese Wrap Carrot Sticks Chilled Peaches	Turkey Club Wrap Buffalo Chicken Salad Wrap Petite Bananas	Fruit Yogurt Parfait w/ Granola Topping Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo Buttermilk Coleslaw Made w/ Fresh Locally Grown Cabbage Fresh Apples	Crispy Chicken Popper Salad w/ Crackers Grilled Chicken and Roasted Vegetables on a Kaiser Roll Made w/ Fresh Locally Grown Zucchini & Green Peppers on a Kaiser Roll w/ Homemade Macaroni Salad Carrot Sticks Chilled Applesauce
	<p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	Green Bean Salad Chop Salad Chilled Pears Fresh Orange Wedges	Caesar Romaine Side Salad w/ Croutons Southwest Corn & Black Bean Salad Made w/ Fresh Local Corn & Tomatoes Fresh Local Apples Chilled Peaches	Marinated Tomato & Cucumber Salad Made w/ Locally Grown Cucumbers & Tomatoes Tossed Salad w/ Light Dressing Chilled Pineapples Fresh Bananas	Buttermilk Coleslaw Made w/ Fresh Locally Grown Cabbage Tossed Salad w/ Light Dressing Fruit Crisp Chilled Mandarin Oranges	Sweet Corn Salad Carrot Sticks Chilled Pear Raisin Salad Chilled Applesauce

