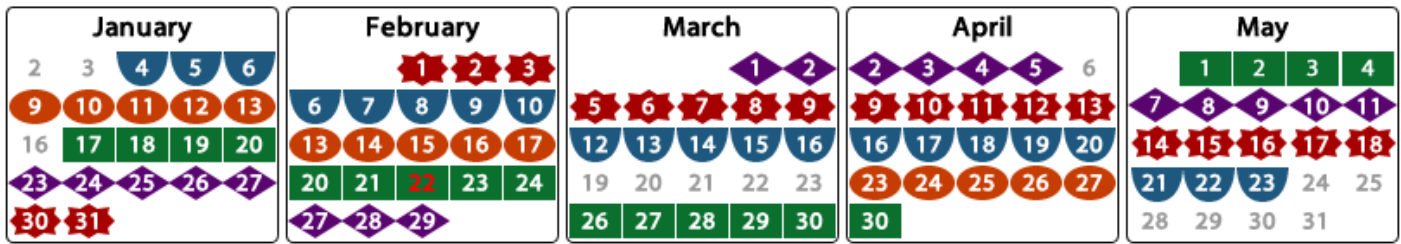


2012 Winter/Spring: Weekly Lunch Menu Rotations for BCSC Secondary Schools

How To Read: This is a five-cycle lunch menu. Each shape represents a different week-long menu on this calendar. The days in gray represent days with no school.



All meals served with low fat milk. Menus subject to change. A La Carte meal options available daily. This institution is an equal opportunity provider.

Week 1

MONDAY

Mini Burgers
or
Hot Ham & Cheese on WW
Mixed Vegetables
CHOICE OF THREE
Sweet Potato Fries
Fresh Fruit Variety / 4 oz. Juice
Fresh Vegetables
Made-From-Scratch Cookie

TUESDAY

Lasagna & Garlic Toast
or
Soft Whole Grain Pretzel & Cheese
Broccoli
CHOICE OF THREE
Waffle Fries
Fresh Fruit Variety / 4 oz. Juice
Fresh Vegetables
Ice Cream Cup

WEDNESDAY

Quesadilla
or
Pulled Pork Bar-B-Q on WW Bun
Carrot Coins
CHOICE OF THREE
Cowboy Salsa
Fresh Fruit Variety / 4 oz. Juice
Fresh Vegetables

THURSDAY

Chicken Tenders & Diamond Roll
or
Burrito
Seasoned Green Beans
CHOICE OF THREE
Scalloped Potatoes
Fresh Fruit Variety / 4 oz. Juice
Fresh Vegetables
Baked Apples

FRIDAY

Popcorn Shrimp & Biscuit
or
Wrap
Peas
CHOICE OF THREE
Macaroni & Cheese
Fresh Fruit Variety / 4 oz. Juice
Fresh Vegetables

Week 2

MONDAY

Pancakes & Sausage
or
Philly Cheese Steak Sandwich
Carrot Coins
CHOICE OF THREE
Tri Tater
Fresh Fruit Variety / 4 oz. Juice
Fresh Vegetables
Sherbet

TUESDAY

Nacho Naturals
or
Fish Sandwich w/ Cheese
Corn
CHOICE OF THREE
Macaroni & Cheese
Fresh Fruit Variety / 4 oz. Juice
Fresh Vegetables
Cake

WEDNESDAY

Popcorn Chicken & Made-From-Scratch Yeast Roll
or
Whole Grain Corn Dog
Seasoned Green Beans
CHOICE OF THREE
Whipped Potatoes
Fresh Fruit Variety / 4 oz. Juice
Fresh Vegetables

THURSDAY

Chili & Cornbread
or
Deli Sandwich
California Blend
CHOICE OF THREE
Baked Chips
Fresh Fruit Variety / 4 oz. Juice
Fresh Vegetables
Pudding

FRIDAY

Breaded Mozzarella Sticks w/ Pizza Sauce
or
Spicy Chicken on WW Bun
Broccoli
CHOICE OF THREE
Baked Fries
Fresh Fruit Variety / 4 oz. Juice
Fresh Vegetables

Week 3

MONDAY

Breadsticks & Cheese
or
Coney Dog w/ Cheese
Mixed Vegetables
CHOICE OF THREE
Baked Beans
Fresh Fruit Variety / 4 oz. Juice
Fresh Vegetables
Ice Cream Cup

TUESDAY

Sloppy Jo on WW Bun
or
Fajita
Seasoned Green Beans
CHOICE OF THREE
Seasoned Fries
Fresh Fruit Variety / 4 oz. Juice
Fresh Vegetables
Iced Brownie

WEDNESDAY

February 22 Soft Pretzel and Cheese Sauce replaces Chicken Tenders

Chicken Tenders & Made-From-Scratch Yeast Roll
or
Sub Sandwich
Corn on the Cob
CHOICE OF THREE
Whipped Potatoes
Fresh Fruit Variety / 4 oz. Juice
Fresh Vegetables

THURSDAY

Taco in a Bag
or
Chicken Pot Pie
Broccoli
CHOICE OF THREE
Spanish Rice
Fresh Fruit Variety / 4 oz. Juice
Fresh Vegetables
Made-From-Scratch Cookie

FRIDAY

Fish Sticks & Biscuit
or
Cheeseburger Deluxe
Peas & Carrots
CHOICE OF THREE
Macaroni & Cheese
Fresh Fruit Variety / 4 oz. Juice
Fresh Vegetables

Week 4

MONDAY

Whole Grain Pizza
or
Turkey Sandwich on WW
Mixed Vegetables
Fresh Fruit Variety / 4 oz. Juice
Fresh Vegetables
Fruit Cobbler

TUESDAY

Spaghetti & Garlic Breadstick
or
Breakfast Sandwich
Seasoned Green Beans
CHOICE OF THREE
Tri Tater
Fresh Fruit Variety / 4 oz. Juice
Fresh Vegetables
Jell-O

WEDNESDAY

Pig in a Blanket
or
Spicy Chicken on WW Bun
Carrot Coins
CHOICE OF THREE
Baked Beans
Fresh Fruit Variety / 4 oz. Juice
Fresh Vegetables

THURSDAY

Chicken Nuggets & Diamond Roll
or
Shrimp & Diamond Roll
Broccoli
CHOICE OF THREE
Scalloped Potatoes
Fresh Fruit variety / 4 oz. Juice
Fresh Vegetables
100% Juice Bar

FRIDAY

Toasted Cheese on WW
or
Enchilada
Corn
CHOICE OF THREE
Soup w/ Crackers
Fresh Fruit Variety / 4 oz. Juice
Fresh Vegetables

Week 5

MONDAY

Taco Snax
or
Orange Chicken Stir Fry / Rice & Diamond Roll
Corn
CHOICE OF THREE
Baked Fries
Fresh Fruit Variety / 4 oz. Juice
Fresh Vegetables
Made-From-Scratch Cookie

TUESDAY

Meat Ball Sub
or
Mozzarella Dip Sandwich w/ Pizza Sauce
Seasoned Green Beans
CHOICE OF THREE
Baked Chips
Fresh Fruit Variety / 4 oz. Juice
Fresh Vegetables
Apple Crisp

WEDNESDAY

Chicken Alfredo & Breadstick
or
Bar-B-Q Rib Sandwich
Peas
CHOICE OF THREE
Tri Tater
Fresh Fruit Variety / 4 oz. Juice
Fresh Vegetables

THURSDAY

Soft Taco
or
Popcorn Chicken & Biscuit
California Blend
CHOICE OF THREE
Cowboy Salsa
Fresh Fruit Variety / 4 oz. Juice
Fresh Vegetables
Cake

FRIDAY

Baked Potato, Cheese Sauce & Yeast Roll
or
Chicken Fillet Deluxe
Broccoli
CHOICE OF THREE
Seasoned Fries
Fresh Fruit Variety / 4 oz. Juice
Fresh Vegetables