



FEBRUARY 2010 PROVISO TOWNSHIP HIGH SCHOOL DISTRICT 209 FACULTY - LUNCH MENU



Healthy choices
are available
every day
including fresh
made
salads & wraps

Also, all student
choices by request:

Pizza
Chicken
Sandwich
Fresh Made Deli
& Daily Specials

Monday	Tuesday	Wednesday	Thursday	Friday
1 BBQ CHICKEN POTATO SALAD BAKED BEANS SOFT BREADSTICK BLACKEYE PEA SOUP	2 NACHO SUPREME w/Tomato, Cheese & Peppers SHREDDED LETTUCE SPANISH RICE TOMATO SOUP	3 FETTUCCINI ALFREDO w/Soft Breadstick GARDEN PEAS FRUIT CUP VEGETABLE SOUP	4 *POLISH SAUSAGE on a Bun ONION RINGS <u>OR</u> FRIES WHOLE KERNEL CORN FRUIT CUP CHICKEN RICE SOUP	5 FRIED <u>OR</u> BAKED CATFISH SPAGHETTI SIDE SALAD w/Breadstick MINISTRONE SOUP
8 HOMEMADE BURGERS w/Lettuce & Tomatoes FRENCH FRIES FRESH FRUIT POTATO SOUP	9 BAKED LASAGNA SEASONED GREEN BEANS GARDEN SALAD w/Dressing GARLIC BREAD TOMATO SOUP	10 *SMOTHERED PORK CHOPS CABBAGE CORN ON THE COB CORN MUFFIN BEEF VEGETABLE SOUP	11 2 SOFT SHELL TACOS w/The Works SPANISH RICE MIXED FRUIT CHICKEN RICE SOUP	12 ITALIAN BEEF w/Peppers & Onions COLESLAW FRUIT CUP VEGETABLE SOUP LINCOLN'S BIRTHDAY
15  NO SCHOOL PRESIDENT'S DAY	16 BAKED MEATLOAF GARDEN PEAS WHIPPED POTATOES w/Gravy ROLL CHICKEN NOODLE SOUP	17 CHICAGO STYLE HOT DOG ONION RINGS <u>OR</u> FRIES MIXED FRUIT GARDEN VEGETABLE SOUP	18 BAKED MOSTACCIOLI w/Meat Sauce & Garlic Bread GARDEN SALAD w/Dressing FRESH FRUIT CHICKEN RICE SOUP	19 FRIED <u>OR</u> BAKED CHICKEN GARDEN PEAS CORN ON THE COB WHEAT ROLL MINISTRONE SOUP
22 *BACON CHEESEBURGER w/Lettuce & Tomatoes FRENCH FRIES FRUIT CUP CHICKEN NOODLE SOUP	23 SALISBURY STEAK RICE w/Gravy GARDEN PEAS WHEAT ROLL TOMATO SOUP	24 BBQ CHICKEN POTATO SALAD BAKED BEANS MIXED FRUIT VEGETABLE SOUP	25 *ITALIAN SAUSAGE on a Bun w/Onions & Peppers ONION RINGS <u>OR</u> FRIES FRESH FRUIT MINISTRONE SOUP	26 FRIED <u>OR</u> BAKED CATFISH SPAGHETTI SIDE SALAD w/Breadstick POTATO SOUP

Love your heart! Eat **more** fruits, veggies and whole grains, and less high fat foods like french fries and fried foods. Your heart will love you for it!

Milk variety offered daily.
Breads & grains offered daily.

** Please Note **

Menu changes may be necessary. Notice will be given when possible.

* Contains Pork

