



# FEBRUARY 2010



## PROVISO TOWNSHIP HIGH SCHOOL DISTRICT 209 STUDENT - 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
<b>1</b> BEEF SHEPHERD'S PIE w/Wheat Roll STEAMED CARROTS CHILLED APPLESAUCE	<b>2</b> CHICKEN NUGGETS STEAMED CARROTS CHILLED APPLESAUCE	<b>3</b> PASTA w/Meat Sauce MIXED VEGETABLES SWEET PEARS 	<b>4</b> CHICKEN TETRAZZINI w/Soft Breadstick GARDEN PEAS MIXED FRUIT	<b>5</b> *SLOPPY JOE on a Bun *BAKED BEANS FRESH ORANGE WEDGES
<b>8</b> BAKED MEATLOAF WHIPPED POTATOES w/Gravy GARDEN PEAS 	<b>9</b> HOMEMADE CHILI SALTINE CRACKERS MIXED FRUIT CUP	<b>10</b> CHICKEN WRAP-UP STEAMED BROCCOLI DICED PEACHES	<b>11</b> TOASTED CHEESE SANDWICH CUP OF TOMATO SOUP SWEET PEARS	<b>12</b> BUFFALO NUGGETS STEAMED CARROTS CHILLED APPLESAUCE <b>LINCOLN'S BIRTHDAY</b>
<b>15</b> <i>NO SCHOOL</i> <b>PRESIDENT'S DAY</b>	<b>16</b> CHICKEN NUGGETS w/BBQ Sauce WHIPPED POTATOES w/Gravy MANDARIN ORANGES	<b>17</b> BEEF SHEPHERD'S PIE w/Wheat Roll STEAMED CARROTS CHILLED APPLESAUCE	<b>18</b> PASTA w/Meat Sauce WHOLE KERNEL CORN MIXED FRUIT CUP	<b>19</b> CHICKEN WRAP-UP STEAMED BROCCOLI DICED PEACHES
<b>22</b>  CHICKEN & NOODLES BREADSTICK DICED PEACHES <b>WASHINGTON'S BIRTHDAY</b>	<b>23</b> TOASTED CHEESE SANDWICH CUP OF TOMATO SOUP SWEET PEARS	<b>24</b> *SLOPPY JOE on a Bun PEAS & CARROTS CRISP APPLE	<b>25</b>  BUFFALO NUGGETS WHOLE KERNEL CORN FRESH ORANGE WEDGES	<b>26</b> BAKED MEATLOAF WHIPPED POTATOES w/Gravy GARDEN PEAS

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

