

Overbrook Senior High School
January 2012

Lunch Menu	Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Daily Hot Choices Include:</u> Hot Sandwich of the Day Specialty Burger 2 Beef Hot Dogs Garden Salad Vegetable of the Day Assorted Fruit Choice Low Fat Milk Choice</p>	<p>2 School Closed Happy New Year</p>	<p>3 <u>MEATBALL PARMESAN</u> <u>on WHOLE GRAIN TORPEDO ROLL</u></p>	<p>4 <u>NACHOS W/BEEF & CHEESE</u> <u>Whole Grain Nachos</u></p>	<p>5 <u>PEPPERONI & MOZZARELLA</u> <u>CHEESE WRAP W/ SAUCE</u></p>	<p>6 <u>BUFFALO CHICKEN TENDERS</u> <u>WHOLE GRAIN ROLL</u></p>
	<p>Student Paid: \$2.50 Student Reduced: \$0.40 Adult Lunch \$3.75 Milk: \$0.50</p>	<p>Seasoned Green Beans Romaine Salad W/Tomatoes Chilled or Fresh Fruit Low Fat Milk Choice</p>	<p>Garden Salad Vegetable of the Day Chilled or Fresh Fruit Low Fat Milk Choice</p>	<p>Carrot Sticks w/Hummus Spring Mix Salad Chilled or Fresh Fruit Low Fat Milk Choice</p>	<p>Baked Sweet Potato Fries Caesar Salad Chilled or Fresh Fruit Low Fat Milk Choice</p>
<p><u>Pizza Baked Fresh Daily</u> Cheese or Specialty Pizza of the Day</p> <p>Garden Salad Assorted Fruit Choice Low Fat Milk Choice</p>	<p>9 <u>POP CORN CHICKEN</u> <u>W/ MULTI GRAIN ROLL</u></p>	<p>10 <u>BIG DADDY'S CHEESE PIZZA</u> <u>Whole Grain</u></p>	<p>11 <u>TOASTED CHEESE SANDWICH</u> <u>ON WHOLE GRAIN BREAD</u></p>	<p>12 <u>CHEESE STEAK ON WHOLE GRAIN</u> <u>Torpedo Roll Peppers & Onions</u></p>	<p>13 <u>CHICKEN FAJITA</u> <u>W/WHOLE GRAIN SOFT SHELLS</u></p>
	<p>Cauliflower w/Cheese Sauce Cup of Pineapple Low Fat Milk Choice</p>	<p><i>Garden Salad W/Carrots</i> Chilled or Fresh Fruit Low Fat Milk Choice</p>	<p>Tomato Soup w/Saltines Fresh Veggie Sticks w/Dip Chilled or Fresh Fruit Low Fat Milk Choice</p>	<p>Baked French Fries Green Leafy Salad Chilled or Fresh Fruit Low Fat Milk Choice</p>	<p>Spanish Rice w/Beans Lettuce, Tomato & Salsa Choice of Fresh or Chilled Fruit Low Fat Milk Choice</p>
<p><u>Grab n Go Choices</u> Specialty Hoagies, Wraps, Sandwiches, Cereal & Yogurt Combo Grab N Go Sandwiches Include: Sandwich, Wrap or Hoagie, Lettuce & Tomato, Bag of Pretzel Twists Fruit, 100% Fruit Juice and Milk Choice</p>	<p>16 School Closed Martin Luther King's Birthday</p>	<p>17 <u>FRENCH TOAST STICKS</u> <u>W/ SAUSAGE LINKS</u></p>	<p>18 <u>CHEESE STUFFED SHELLS</u> <u>AND TOMATO SAUCE</u></p>	<p>19 <u>PIZZA DIPPERS</u> <u>W/ MARIANA SAUCE</u></p>	<p>20 <u>TACO TWINS , LETTUCE, TOMATO</u> <u>WHOLE GRAIN TACO SHELLS</u></p>
	<p>Hash Brown Stick Fresh Orange Smiles Chilled or Fresh Fruit Low Fat Milk Choice</p>	<p>Whole Grain Garlic Toast Garden Salad Chilled or Fresh Fruit Low Fat Milk Choice</p>	<p>Mixed Greens topped with Carrots & Whole Grain Croutons Chilled or Fresh Fruit Low Fat Milk Choice</p>	<p>Whole Kernel Corn Black Bean Salsa Chilled Pineapple Tidbits Low Fat Milk Choice</p>	
<p><u>Featured Specialty Salads</u> Specialty Salads include: Choice of Dressing, Whole Grain Dinner Roll , Fresh Fruit, and Choice of Milk</p>	<p>23 <u>BUFFALO CHICKEN STRIPS</u> <u>W/ WHOLE GRAIN ROLL</u></p>	<p>24 Benchmark #2</p>	<p>25 Benchmark #2</p>	<p>26 Benchmark #2</p>	<p>27 Benchmark #2</p>
	<p>Spring Mix Salad Steamed Broccoli Chilled or Fresh Fruit Low Fat Milk Choice</p>	<p>1/2 Day Breakfast Served No Lunch Served</p>	<p>1/2 Day Breakfast Served No Lunch Served</p>	<p>1/2 Day Breakfast Served No Lunch Served</p>	<p>1/2 Day Breakfast Served No Lunch Served</p>
<p><u>Milk Varieties Offered Daily</u> White Skim, 1% White, 1% Strawberry, 1/2% Chocolate, Lactaid Free Milk Is Available Upon Request</p>	<p>30 <u>SPICY CHICKEN PATTY</u> <u>on a WHOLE GRAIN BUN</u></p>	<p>31 <u>ROMA'S PIZZA DAY</u> <u>ROMA'S CHEESE PIZZA</u></p>	<p>Payments on accounts accepted daily at breakfast or lunch. Checks are payable to PH Bd. Ed.</p>	<p><u>Milk Varieties Offered Daily</u> White Skim, 1% White, 1% Strawberry, 1/2% Chocolate, Lactaid Free Milk Is Available Upon Request</p>	<p>In Addition to Your Meal: Whole Grain Bread Basket available daily with every meal.</p>
	<p>Lettuce, Tomato, & Pickle Fixings Oven Baked Vegetarian Beans Fresh Apple Low Fat Milk Choice</p>	<p>Caesar Salad / Dressing Peach Cup Low Fat Milk Choice</p>			