









Milan High School Lunch Menu March 8-12, 2010

All Meals Available to Free/Reduced Program Students at No Extra Charge
 Daily lunch includes milk and a choice of two different items: hot veggie, side salad, fresh veggies/fruit, fruit cup

| Stations Available Daily | Daily Specials | | | | |
|--|---|---|---|---|---|
| | Monday | Tuesday | Wednesday | Thursday | Friday |
|  \$2.50 | Meat Ravioli Green Beans Garlic Toast | Nacho Bar w/Mexican Meat Nacho Cheese Nacho Chips Refried Beans Spanish Rice |  Balanced Choices Sweet and Sour Popcorn Chicken White Rice Soft Breadstick Broccoli Cuts Fresh Orange | Hearty Beef Stew Buttered Egg Noodles Tender Peas Warm Biscuit | Breakfast Bar French Toast w/ Powdered Sugar Scrambled Egg Sausage Links Hashbrown Potato Fruit Crisp |
|  \$2.50 Wheat Crust Cheese or Pepperoni Pizza | Philly Cheese Steak Pizza | Lotsa Meatsa Pizza | Cheese Stuffed Crust Pizza | Stuffed Calzone | Deli Ham and Cheese Pizza |
|  \$3.00 w/Chips Assorted Sandwiches, Subs, and Wraps Made-to-Order | Turkey Club |  Balanced Choices Chicken Salad Wrap Macaroni Salad Fruit Choice | Tuna Salad on Multi-Grain Bread | Two Cheese Fresh Veggie Wrap | Pepperoni Pepperoni |
| AuBon Pain Soup \$2.50/12 oz Bowl \$3.00 w/Roll | Chicken Noodle | Broccoli Cheddar | Potato Cheese | Chicken Noodle | Broccoli Cheddar |
| THE FRESH GRILLE \$2.50 w/Fries Hamburger Cheeseburger Chicken Patty Sandwiches A la Carte Fry \$1.00 | Foot Long Hot Dog | Chicken Pot Pie | Swiss Cheese and Bacon Burger | Chicken Strips of Fire |  Balanced Choices Pizza Burger on Bun Romaine Lettuce Tomato Baked Potato Applesauce |
| Menutainment Panini Fresca \$3.00 w/Chips Assorted Grilled Sandwiches |  Balanced Choices Grilled Chicken and Vegetables on Bun Macaroni Salad Fruit Choice | Chicken and Cheese Quesadilla | Turkey and Ham Club on Sourdough | Hot Italian Submarine | Chicken Parmesan Submarine |
| Wild Greens and Outtakes \$3.00 | Vegetarian Plate w/Hummus and Pita Bread <i>Select a FREE</i> Aquafina Water | Chef's Salad w/Bread Choice <i>Select a FREE</i> Aquafina Water | Grilled Chicken Fajita Strips Salad w/Bread Choice <i>Select a FREE</i> Aquafina Water |  Balanced Choices Antipasto Salad w/Soft Pretzel Fruit Choice Aquafina Water | Turkey Club Salad w/Bread Choice <i>Select a FREE</i> Aquafina Water |

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