



# Secondary

## Daily Menu Selections

Fresh Fruit and Vegetable Bar Served Daily!



**Traditional Cuisine** is the concept that offers traditional classics with a healthy twist. Our daily featured entrees are:

Monday	<b>Shepard's Pie</b>
Tuesday	<b>Grilled Cheese &amp; Tomato Soup</b> (V)
Wednesday	<b>Chili Cheese Baked Potato</b>
Thursday	<b>Breaded Baked Chicken</b>
Friday	<b>Salisbury Steak</b>

**Menu Subject to Change**



**Luigi's Eatery** features Classic Italian Cuisine. Our daily featured entrees are:

Monday	<b>Pepperoni or Supreme Pizza</b>
Tuesday	<b>Buffalo Chick. or Ham &amp; Cheese</b>
Wednesday	<b>Sausage or spicy chicken</b>
Thursday	<b>BBQ Chicken or Pepp/Jalapeno</b>
Friday	<b>Chick. Alfredo or Hawaiian</b>



**Ballpark Classics** features grilled American favorites. Our daily featured entrees are:

Monday	<b>Spicy Chicken Sandwich</b>
Tuesday	<b>Cheeseburger</b>
Wednesday	<b>Hamburger or Fish Patty SW</b>
Thursday	<b>Spicy Chicken Sandwich</b>
Friday	<b>Cheeseburger</b>



**Red Dragon** features Asian foods with whole grain pasta and brown rice. Our daily featured entrees are:

Monday	<b>Beef &amp; Broccoli</b>
Tuesday	<b>Orange Chicken</b>
Wednesday	<b>Beef Lo Mein w/Rice</b>
Thursday	<b>Sweet-n-sour-chicken</b>
Friday	<b>Chicken Teriyaki</b>



**Taco Street** features our traditional Native American and Hispanic Cuisine. Our daily featured entrees are:

Baja Fish, fajita chicken, Mexican ground beef, and pulled beef tacos on corn or four tortilla	All items are served with a choice of Mexicorn, Spanish rice, and a variety of salsas & sauces
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**Grilled Panini Station** Grilled sub sandwiches that are made to order;

We offer a variety of Panini sandwiches including an Italian, Cordon Bleu, Turkey, and Veggie Melt Panini

Panini sandwiches change weekly so make sure to check your daily menus for that day's option!



**Food and Nutrition Services Director: Althea Albert-Santiago, 314-345-4519; Director of Dining Services: Mike Butler, 314-381-4155 SFE Associate Director of Nutrition Operations: Megan Fraley, 314-381-4155**

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# Breakfast

## High School



**Fresh Fruit and Juice Bar Served Daily!**

Monday

Tuesday

Wednesday

Thursday

Friday

2- Egg & Potato Breakfast burrito w/ salsa (v)  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Apple Juice, Mandarin Oranges

3-Blueberry Muffin (v)  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Orange Juice, Diced Pears

4- Cinnamon French Toast w/ syrup (v)  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Grape Juice, Pineapple Tidbits

5- Oatmeal (v)  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Apple Juice, Sliced Peaches

6- Turkey Sausage Croissant Sandwich  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Orange Juice, Fresh Banana



9- Apple Frudel (v)  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Apple Juice, Diced Pears

10- Egg & Turkey Sausage Taco  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Orange Juice, Applesauce

11- Banana Loaf (v)  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Grape Juice, Pineapple Tidbits

12- Pancakes w/syrup & Sausage  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Apple Juice, Sliced Peaches

13- No School

16- Spring Break

17- Spring Break

18- Spring Break

19- Spring Break

20- Spring Break

23- Egg, Turkey Sausage, and Cheese Biscuit Sandwich  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Apple Juice, Sliced Peaches

24- Mini Blueberry Pancakes w/syrup (v)  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Grape Juice, Pineapple Tidbits

25- Waffles w/ Syrup (v)  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Orange Juice, Fresh Banana

26- Pineapple & Vanilla Yogurt Parfait (v)  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Apple Juice, Diced Pears

27- Breakfast on a Stick w/ syrup  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Orange Juice, Pineapple Tidbits

30- Colby Cheese Omelet w/salsa (v)  
Assorted Low Sugar Cereal WG (v)  
Hash brown Potato Patty  
WG Toast and Margarine/Jelly  
Apple Juice, Fresh Orange

31- Turkey Ham, Egg & Cheese Quesadilla w/salsa  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Orange Juice, Fresh Banana

**Food and Nutrition Services Director: Althea Albert-Santiago, 314-345-4519; Director of Dining Services: Mike Butler, 314-381-4155**  
**SFE Associate Director of Nutrition Operations: Megan Fraley, 314-381-4155**

### Secondary Lunch & Breakfast Menu Meal Prices

Second Lunch.....\$1.35	Second Breakfast.....\$1.35	
Staff/Adult Lunch.....\$2.50	Staff/Adult Breakfast.....\$2.25	Milk.....\$0.40

**Milk**

**Reduced Fat Milk Variety Offered Daily**

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March 2015





# High School

## Fresh Fruit and Vegetable Bar Served Daily!



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2- Traditional Cuisine:</b> Shepard's Pie Roll/Rice <b>Ballpark:</b> Spicy Chicken Sandwich <b>Luigi's:</b> Pepperoni or Cheese pizza <b>Italian Panini</b> <b>Red Dragon:</b> Beef & Broccoli Stir fry w/ Brown rice <b>Gourmet Greens:</b> Grilled Chicken Salad w/crackers Hot Vegetable: Steamed Broccoli	<b>3- Traditional:</b> Grilled Cheese & Tomato Soup <b>Ballpark:</b> Cheeseburger <b>Luigi's:</b> Buffalo Chick./Cheese or Cheese pizza (V) <b>Italian Panini</b> <b>Red Dragon:</b> Orange Chicken w/ Brown Rice <b>Gourmet Greens:</b> Turkey Taco Salad Hot Vegetable: Green Peas	<b>4- Traditional:</b> Chili Cheese Baked Potato & WG Roll <b>Ballpark:</b> Hamburger <b>Luigi's:</b> Sausage or Cheese Pizza (V) <b>Italian Panini</b> <b>Red Dragon:</b> Beef Lo Mein w/Noodles <b>Gourmet Greens:</b> Italian Chicken Salad Hot Vegetable: Green Beans	<b>5- Traditional:</b> Breaded Baked Chicken w/Roll <b>Ballpark:</b> Spicy Chicken Sandwich <b>Luigi's:</b> BBQ Chicken or Cheese Pizza (V) <b>Italian Panini</b> <b>Red Dragon:</b> Sweet & Sour Chicken with Brown Rice <b>Gourmet Greens:</b> Chicken Caesar Salad w/ Crackers Hot Vegetable: Crinkle Cut Carrots	<b>6- Traditional:</b> Salisbury Steak w/ WG Roll & Brown Rice <b>Ballpark:</b> Cheeseburger <b>Luigi's:</b> Chicken Alfredo Pizza or Cheese Pizza (V) <b>Italian Panini</b> <b>Red Dragon:</b> Chicken Teriyaki <b>Gourmet Greens:</b> Crispy Chicken Salad Hot Vegetable: 5 Way Mixed Vegetable
<b>9- Traditional:</b> Shepard's Pie w/ WG Roll & Brown Rice <b>Ballpark:</b> Spicy Chicken Sandwich <b>Luigi's:</b> Supreme or Cheese Pizza (V) <b>Cordon Bleu Panini</b> <b>Red Dragon:</b> Beef & Broccoli Stir Fry w/ Brown Rice <b>Gourmet Greens:</b> Chef Salad & Roll Hot Vegetable: Seasoned Crinkle Cut Sweet Potato Fries	<b>10- Traditional:</b> Pretzel Bun Turkey & Cheese Sandwich <b>Ballpark:</b> Cheeseburger <b>Luigi's:</b> Ham & Cheese or Cheese Pizza (V) <b>Cordon Bleu Panini</b> <b>Red Dragon:</b> Orange Chicken & Rice <b>Gourmet Greens:</b> Chicken Salad w/ Crackers Hot Vegetable: Italian Mixed Vegetables	<b>11- Traditional:</b> Chili Cheese Baked Potato & WG Roll <b>Ballpark:</b> Fish Patty Sandwich <b>Luigi's:</b> Spicy Chicken or Cheese Pizza (V) <b>Cordon Bleu Panini</b> <b>Red Dragon:</b> Beef Lo Mein w/ Noodles <b>Gourmet Greens:</b> BBQ Chicken Salad w/ Crackers Hot Vegetable: Mashed Potatoes	<b>12- Traditional:</b> Breaded Baked Chicken <b>Ballpark:</b> Spicy Chicken Sandwich <b>Luigi's:</b> Pepperoni & Jalapeno or Cheese Pizza (V) <b>Cordon Bleu Panini</b> <b>Red Dragon:</b> Sweet & Sour Chicken w/ Brown Rice <b>Gourmet Greens:</b> Cobb Salad w/ Crackers Hot Vegetable: Crinkle Carrots	<b>13- No School</b>
16- Spring Break	17- Spring Break Try It Tuesday	Spring Break	19- Spring Break	20- Spring Break
<b>23- Traditional:</b> Shepard's Pie w/ WG Roll & Brown Rice <b>Ballpark:</b> Spicy Chicken Sandwich <b>Luigi's:</b> Supreme or Cheese Pizza (V) <b>Veggie Melt Panini (V)</b> <b>Red Dragon:</b> Beef & Broccoli Stir Fry w/ Brown Rice <b>Gourmet Greens:</b> Chef Salad & Roll Hot Vegetable: Seasoned Crinkle Cut Sweet Potato Fries	<b>24- Traditional:</b> Grilled Cheese & Tomato Soup (V) <b>Ballpark:</b> Cheeseburger <b>Luigi's:</b> Turkey Ham & Cheese Pizza or Cheese Pizza (V) <b>Veggie Melt Panini (V)</b> <b>Red Dragon:</b> Orange Chicken & Rice <b>Gourmet Greens:</b> Chicken Salad w/ Crackers Hot Vegetable: Italian Mixed Vegetables	<b>25-Traditional:</b> Chili Cheese Baked Potato & Roll <b>Ballpark:</b> Hamburger <b>Luigi's:</b> Spicy Chicken or Cheese Pizza (V) <b>Veggie Melt Panini (V)</b> <b>Red Dragon:</b> Beef Lo Mein w/ Brown Rice <b>Gourmet Greens:</b> BBQ Chicken Salad w/ Crackers Hot Vegetable: Seasoned Potato Wedges	<b>26- Traditional:</b> Breaded Baked Chicken w/ Roll <b>Ballpark:</b> Spicy Chicken Sandwich <b>Luigi's:</b> Pepperoni & Jalapeno or Cheese Pizza (V) <b>Veggie Melt Panini (V)</b> <b>Red Dragon:</b> Sweet & Sour Chicken w/ Rice <b>Gourmet Greens:</b> Cobb Salad w/ Crackers Hot Vegetable: Corn Kernels	<b>27- Traditional:</b> Salisbury Steak w/ Roll & Rice <b>Ballpark:</b> Cheeseburger <b>Luigi's:</b> Hawaiian or Cheese Pizza (V) <b>Veggie Melt Panini (V)</b> <b>Red Dragon:</b> Chicken Teriyaki <b>Gourmet Greens:</b> Teriyaki Chicken Salad w/ Crackers Hot Vegetable: Winter Mix Vegetables
<b>30- Traditional:</b> Shepard's Pie w/ WG Roll & Brown Rice <b>Ballpark:</b> Spicy Chicken Sandwich <b>Luigi's:</b> Supreme or Cheese Pizza (V) <b>Cordon Bleu Panini</b> <b>Red Dragon:</b> Beef & Broccoli Stir Fry w/ Brown Rice <b>Gourmet Greens:</b> Chef Salad & Roll Hot Vegetable: Seasoned Crinkle Cut Sweet Potato Fries	<b>31- Traditional:</b> Grilled Cheese & Tomato Soup (V) <b>Ballpark:</b> Cheeseburger <b>Luigi's:</b> Ham & Cheese Pizza or Cheese Pizza (V) <b>Cordon Bleu Panini</b> <b>Red Dragon:</b> Orange Chicken w/Rice <b>Gourmet Greens:</b> Chicken Salad w/crackers Hot Vegetable: Seasoned Potato Wedges			

Menu is subject to change  
 SLPS is a pork-free district  
 All recipes made with whole grains  
 Vegetarian items (V)

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