



East Meadow Secondary Lunch Menu February 2012



THE GRILLE

Daily grab and Go...

**Cheese/Hamburger
Chicken Nuggets**

Salads, Sandwiches,
Yogurt Parfaits, Salad
Shakers

*Along with the
entrée choice
students may have
a vegetable, fruit,
grain and a milk.

All Milk is Hormone
and Antibiotic Free.
We offer 1% milk,
1% chocolate milk
or skim milk

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Popcorn Chicken Bowl*	2 Grilled Cheese with Tomato Soup*	3 Chicken Parmesan Stromboli*
6 Meatball Parmesan Hero*	7 Sweet and Sour Chicken*	8 Chicken Quesadillas*	9 Baked Ziti with Italian Bread*	10 Meatball Stromboli*
13 Hot and Spicy Chicken Patty*	14 Bacon Cheddar Burger*	15 Beef Nachos with Toppings*	16 Roast Turkey Dinner*	17 Chicken Fajita Stromboli*
20 Winter Recess	21 Winter Recess	22 Winter Recess	23 Winter Recess	24 Winter Recess
27 Philly Cheesesteak Sandwich*	28 Baked BBQ Chicken*	29 Spaghetti and Meatballs*		

THE PIZZERIA

Daily grab and Go...

**Cheese Pizza /
Veggie Pizza**

**We offer Whole
Wheat Pizza Slices**

Monday
Meatball Pizza

Tuesday
Pepperoni Pizza

Wednesday
Taco Chicken Pizza

Thursday
Cheeseburger Pizza

Friday
Chicken Parm Pizza

DELI & GREENS MADE TO ORDER

start with a grain
breads, bagels, rolls, etc...
get some protein
meats, turkey, salads
find some cheese
american, swiss, cheddar...
customize it
vegetables, spreads...
PANINI PRESS AVAILABLE!

- All American Wrap
Chicken Ranch Salad
- Chicken Caesar Wrap
Turkey Chef Salad
- Buffalo Chicken Wrap
Chicken Caesar Salad
- Major Ham Wrap
Ham Chef Salad
- Chicken Ranch Wrap
Cobb Salad

grab and go...

- MONDAY**
- TUESDAY**
- WEDNESDAY**
- THURSDAY**
- FRIDAY**

Deli Bar Made to Order

decide what you want
Roll, Wrap, Whole Wheat Bread
get some protein
Roast beef -Virginia Ham
Chicken Breast - Oven Gold Turkey
Tuna Salad - Turkey Salad
make it pretty
Lettuce, Tomato, Red Onion
Cheeses, Olives...

Start here! Choose Entrée

+ Take 2Any 2

Fresh fruits and veggies galore. Vegetable blends, dessert fruits and station-specific sides make choosing only two a difficult decision.

Student Lunch Price \$2.35

We cannot accept checks over \$50.00

Questions regarding the menu can be directed to
The Dining Service Office at 516-876-7440