



East Meadow Secondary Lunch Menu **November 2011**



Monday	Tuesday	Wednesday	Thursday	Friday
31 Hot and Spicy Chicken Patty*	1 Spaghetti and Meat Sauce*	2 Soft Beef Tacos*	3 Grilled Cheese with Tomato Soup*	4 Chicken Parmesan Stromboli*
7 Meatball Parmesan Hero*	8 No School <i>Election Day</i>	9 Chicken Quesadillas*	10 Baked Ziti with Italian Bread*	11 No School <i>Veterans Day</i>
14 General Tso Chicken* <i>served with rice</i>	15 Macaroni and Cheese*	16 BBQ Beef Bowl*	17 Roast Turkey Dinner*	18 Meatball Stromboli*
21 Bacon Cheddar Burger*	22 Baked Breaded Chicken*	23 Beef Nachos with Toppings*		
28 Popcorn Chicken Bowl*	29 Cheesesteak Hero*	30 Sloppy Joe Sandwich*		

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

THE PIZZERIA

Daily grab and Go...

Cheese Pizza / Veggie Pizza

We offer Whole Wheat Pizza Slices

Monday
Meatball Pizza

Tuesday
Pepperoni Pizza

Wednesday
Taco Pizza

Thursday
Cheeseburger Pizza

Friday
Chicken Parm Pizza

DELI & GREENS MADE TO ORDER

grab and go...

Deli Bar Made to Order

Start here! Choose Entrée

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

Southwest Beef Wrap
 Chicken Ranch Salad

Chicken Caesar Wrap
 Turkey Chef Salad

Santa Fee Turkey Wrap
 Chicken Caesar Salad

Major Ham Wrap
 Sesame Noodle Salad

Asian Chicken Wrap
 Fruit and Cheddar Platter

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Boars Head Deli Bar \$4.00 a Sandwich

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...

+ Take 2 ...Any 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

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

PANINI PRESS AVAILABLE!