

# Parsippany High School Menu

February  
2012



Monday 20	President's Day School Closed						
Tuesday 21	School Closed						
Wednesday 22	Chicken Patty on a Bun	Chicken Griller with Ham and Provolone Cheese on a Kaiser Roll	Ham & Smoked Turkey w/ Honey Mustard, Lettuce, & Tomato on a Whole Wheat Wrap	Grilled Chicken Strips Served over Hearts of Romaine Lettuce w/ Cherry Tomatoes & a Roll	Baked Ziti w/ Cheesy Garlic Bread	Double Cheese Pizza on Whole Grain Crust	3-Cheese Quesadilla
Thursday 23	Chili & Cheese w/ Dinner Roll  National Chili Day	Chicken Parm Hero	The Gobbler (Turkey Breast & Provolone Cheese Topped w/ Lettuce & Tomato) on a Whole Grain Roll	Stuffed Tomato with Tuna Salad Served over a Bed of Salad Greens w/ a Whole Grain Roll	Pasta Alfredo w/ Chicken & Dinner Roll	Pepperoni Pizza on Whole Grain Crust	Veggie Burger w/ Cheese on a Whole Wheat Bun
Friday 24	Chicken Nuggets w/ a Dinner Roll	Sweet and Sour Chicken Bowl w/ Fried Rice & a Dinner Roll	Chicken Salad with Cheddar Cheese Served on an 8-Grain Bread	Greek Salad w/ Feta Cheese Wrap	Pasta w/ Grilled Chicken in a Garlic Sauce w/ a Dinner Roll	Vegetable Pizza on Whole Grain Crust	Vegetable Lo Mein, Cheese Packet and a Breadstick
	<b>DAILY</b>	Burgers Chicken Patty Gardenburger Grilled Chicken Breast	Turkey Breast Roast Beef Turkey-Ham Tuna Salad American Cheese Grilled Vegetables	Tossed Salad Deli Salads Garden Salad Caesar Salad Yogurt Parfaits	Assorted Pastas and Sauces served W/ Whole Grain Bread Selections & Asst. Salads	Assorted Pizzas Or Whole Grain Pizza	

The Daily Spin, Solar Grill, Pizza Zone, and Pasta Whirl Lunch Selections include 2 from your choice of tossed salad, and fresh fruit, fresh vegetable from the farm stand **plus** milk & Bread Selection

The Cutting Edge Deli Selections include 2 from your choice of lettuce & tomato, soup, & assorted fruits and veggies on the farm stand **plus** milk choice

The Garden Burst Salad & Veggie Spin Selections include bread selections and cheese stick **plus** milk choice

Also available daily: Assorted cold beverages, homemade soups, fresh fruit basket, bread basket & assorted yogurt parfaits