

















# Parsippany High School Menu

February  
2012

							
<b>Monday</b> 6	Chicken Poppers w/ Whole Wheat Dinner Roll	Chicken Parmesan on a Bun	Salami & Cheese on a Whole Grain Roll	Tropical Chicken Salad Platter w/ Mandarin Oranges, Shredded Coconut & a Breadstick	Penne Pasta w/ Grilled Vegetables Served w/ Garlic Bread & a Mozzarella Stick	Meatball Pizza on Whole Grain Crust 	Cheese Quesadilla
<b>Tuesday</b> 7	Cheese Steak Hero 	Grilled Veggie & Mozzarella Cheese Wrap	Turkey & Swiss Ranch Wrap	Strawberry Field Salad Platter w/ Strawberries, Walnuts, a Roll & Mozzarella Sticks	Macaroni and Cheese with a Whole Grain Roll	Vegetable Cheese Pizza on Whole Grain Crust 	Vegetable Stir- Fried Rice w/ Eggs String Cheese and a Cookie
<b>Wednesday</b> 8	Nacho Bar with Beef, Cheese, Salsa over Nacho Chips with Sour Cream	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	Whole Grain Spaghetti with Assorted Sauces & Cheesy Garlic Bread	Salad Pizza w/ Cheese on Whole Grain Crust 	Mozzarella Sticks w/ a Dinner Roll
<b>Thursday</b> 9	Spicy Chicken Patty on a Bun	Mozzarella Sticks w/ Marinara Sauce & a Dinner Roll	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	Italian Pasta with Chicken in a Garlic Sauce w/ a Freshly Baked Breadstick	Bruschetta and Cheese Pizza on Whole Grain Crust 	Cheese Ravioli w/ Garlic Bread
<b>Friday</b> 10	½ Day Session						
		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 from the Farm Stand of tossed salad, and fresh fruit, Fresh Vegetables **plus** milk & Bread Selection

The Cutting Edge Deli Selections include 2 from your choice of lettuce & tomato, soup, & assorted fruits and veggies on 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