

# Irvington High School —February 2012

**V** = Vegetarian

**S** = Smart Choices Healthy Entree



			<p><b>Wednesday 02/01/2012</b>  <b>Turkey BLT Club</b>                      Smoked Turkey Breast and Turkey Bacon w/ Lettuce &amp; Tomato on Whole Wheat Bread</p>	<p><b>Thursday 02/02/2012</b>  <b>Buffalo Chicken</b>                      Buffalo Chicken with Swiss Cheese &amp; your choice of spreads &amp; bread</p>	<p><b>Friday 02/03/2012</b>  <b>Cajun Grilled Chicken Sandwich</b>                      Grilled chicken breast Seasoned with Cajun spices served with lettuce on a Whole Wheat Club Roll</p>
			<p><b>Meatball Pizza</b>                      Fresh whole wheat dough lightly brushed with garlic and oil served with sliced beef meatballs &amp; marinara sauce &amp; shredded low-fat mozzarella cheese</p>	<p><b>Mexican Pizza</b>                      Fresh whole wheat dough lightly brushed with garlic and oil topped with pizza sauce, Sliced jalapeño peppers &amp; low-fat mozzarella</p>	<p><b>Buffalo Chicken Pizza</b>                      Buffalo chicken strips, topped with mozzarella &amp; grated parmesan marinara sauce &amp; fresh whole pizza dough, lightly brushed with garlic and oil</p>
			<p><b>Chicken Parmigiana</b>                      Served with Whole Wheat Spaghetti Chicken with Low Fat Mozzarella and Marinara Sauce over Pasta                       Broccoli and Garlic</p>	<p><b>Salisbury Steak with Gravy</b>                      Savory Beef Steaks with Gravy Seasoned Brown Rice Steamed Green Beans Mixed Fruit Cup</p>	<p><b>Baked Chicken</b>                      Roasted Baked Chicken served with Brown Rice, Steamed Carrots</p> <p style="text-align: center;"><b>S</b></p>
			<p><b>Ruby's Flats</b>                      Your choice of Fajita chicken strips With assorted grilled vegetables served in Whole Wheat Pita Pocket</p>	<p><b>Ruby's Flats</b>                      Philly Steaks Beef steak with an assortment of cheese toppings, peppers and onions</p>	<p><b>Ruby's Turkey Hotdogs</b>                      Served with cheese sauce, sauerkraut, vegetarian beans on Whole Wheat Frank Roll</p>
			<p><b>Fruit on Greens</b>                      Ripe Fresh Apples and Mandarin Oranges on a bed of Tossed Greens</p>	<p><b>Yogurt Parfait</b>                      Creamy low-fat yogurt served with two varieties of chilled and/or fresh fruit</p>	<p><b>Chicken Salad Garden Bowl</b>                      Homemade Tuna salad Served on a bed of Lettuce with tomato wedges, sliced red onion &amp; choice of dressing</p>

**MEAL PRICE INCLUDES: PROTEIN CHOICE, FRESH VEGETABLE CHOICE, FRESH FRUIT CHOICE, BREAD CHOICE AND MILK CHOICE (1% LOW-FAT MILK, SKIM MILK OR 1% LOW-FAT CHOCOLATE MILK)**

**AVAILABLE DAILY WITH SALAD LUNCH: PROTEIN CHOICE, WHOLE GRAIN DINNER ROLL OR BREADSTICK, FRUIT CHOICE & MILK CHOICE**

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*BEAN SALAD SERVED DAILY*

**LUNCH PRICES: FULL PRICE-\$1.55    REDUCED: \$.40**

**PREPAID MEALS AVAILABLE**

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	Monday 02/06/2012	Tuesday 02/07/2012	Wednesday 02/08/2012	Thursday 02/09/2012	Friday 02/10/2011
	<b>Panini Russo</b> Grilled Sliced Chicken Breast w/ Roasted Red Peppers, Swiss Cheese & Herbed Mayo on Whole Grain Panini Bread	<b>Love at first Bite</b> Sliced oven roasted turkey breast Thousand Island dressing, American Cheese, lettuce, tomato served on a Whole Wheat Wrap	<b>San Dominico</b> Beef Salami, turkey ham, mozzarella cheese sautéed peppers & onions with Lettuce & Tomatoes served on a Whole wheat Kaiser Roll	<b>Lumberjack</b> Marinated chicken breast, Turkey bacon roasted peppers, & cheddar cheese with lettuce & tomato served on an Onion Roll	<b>Grilled Chicken Sandwich</b> Grilled Chicken Breast On a Club Roll Served with lettuce, tomatoes and red Onions on a bed of lettuce
	<b>Broccoli Cheddar Pizza</b> Fresh whole wheat dough lightly brushed with garlic and oil, topped with pizza sauce, lowfat cheddar cheese and broccoli <b>V</b>	<b>Traditional Cheese Pizza</b> Fresh whole wheat dough lightly brushed with garlic and oil, topped with pizza sauce & low fat mozzarella	<b>Veggie Pizza</b> fresh whole wheat dough lightly brushed with garlic and oil, topped with pizza sauce, low fat mozzarella, peppers, onions and diced tomatoes <b>V</b>	<b>Everything Pizza</b> Fresh whole wheat dough lightly brushed with garlic and oil, topped with peppers, onions meatballs & chicken pieces	<b>Extra Cheese Pizza</b> Fresh whole wheat dough lightly brushed with garlic and oil, topped with pizza sauce, low fat mozzarella <b>V</b>
	<b>Homestyle Beef Lasagna</b> Classic Lasagna with Seasoned Beef, parmesan and melted mozzarella with Ricotta cheese  Garlic Whole Wheat Bread Romaine Salad Mix	<b>Beef A Roni Pasta</b> Pasta Elbows served with Seasoned Ground Beef, Low Fat Mozzarella Cheese and Marinara Sauce  Steamed Carrots and Fresh Apple	<b>Sweet N Sour Chicken Nuggets</b> Succulent pieces of chicken served in a glazed sweet n sour sauce with pineapple pieces over Seasoned Brown Rice  Steamed Broccoli	<b>Turkey Lo Mein</b> Whole Grain Spaghetti tossed with stir fry vegetables and seasonings  Fresh Fruit Cup	<b>Beef Burrito</b> Seasoned Mexi Style Beef and lowfat cheese blend in a soft tortilla served with salsa and sour cream  Rice and Kidney Beans
	<b>BBQ Glazed Chicken Breast</b> Boneless chicken breast grilled with BBQ Sauce with a variety of peppers, mushrooms, and roasted vegetables on a Whole Wheat Kaiser Roll	<b>Ruby's BBQ Flats Choice of</b> Beef Burger with choice of cheese, assortment of green, red, and jalapeno peppers and onions	<b>Sizzling Quesadillas</b> Buffalo Chicken served with caramelized Onions, mushrooms and shredded cheese in a soft tortilla shell	<b>Greek Flat</b> Chicken Gyros served in Grilled Pita Pocket with fresh tomato slices, onion slices, yogurt garlic sauce	<b>Ruby's Asian Chicken Classics</b> Teriyaki Grilled Chicken with Variety toppings in assorted wraps
	<b>Fresh Fruit</b> Green and Red Seedless Grapes and Pineapples served over a bed of fresh greens  	<b>Caesar Salad w/ Chicken</b> Crisp Romaine Lettuce, Seasoned Croutons, and grated Romano Cheese with Caesar Dressing	<b>Crudité Cup</b> Carrot & Celery sticks served with Cheese Sticks (2) and assorted dressings <b>V</b>	<b>Egg Salad Garden Bowl</b> Homemade Tuna salad Served on a bed of Lettuce with tomato wedges, sliced red onion & choice of dressing	<b>Egg Salad Platter</b> Homemade egg salad served on a bed of crisp garden greens with tomato wedges, sliced red onions & bread sticks

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**PREPAID MEALS AVAILABLE**

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	Monday 02/13/2012	Tuesday 02/14/2012	Wednesday 02/15/2012	Thursday 02/16/2012	Friday 02/17/2012
	<b>Chicken Parmigiana</b> Breaded Chicken breast topped with Mozzarella cheese served on a whole wheat Kaiser roll	<b>Buffalo Chicken</b> Buffalo Chicken with Swiss Cheese & your choice of spreads & bread	<b>All American Chicken Patty</b> Breaded Chicken Patty, Lettuce, tomato and ranch dressing, on Whole Wheat Roll	<b>American Beauty</b> Oven roasted Turkey Breast served with American cheese chopped Lettuce mix, & tomato served on a Whole Wheat Club Roll	<b>SCHOOLS CLOSED</b> <b>NO LUNCH SERVED</b>
	<b>Margarita Pizza</b> Fresh whole wheat dough lightly brushed with garlic and oil Served with fresh tomato slices & basil	<b>Meatball Pizza</b> Fresh whole wheat dough lightly brushed with garlic and oil served with sliced beef meatballs & marinara sauce & shredded low-fat mozzarella cheese	<b>Pepperoni Pizza</b> Fresh whole wheat dough lightly brushed with garlic and oil served with sliced turkey pepperoni & marinara sauce & shredded low-fat mozzarella cheese	<b>Mexican Pizza</b> Fresh whole wheat dough lightly brushed with garlic and oil topped with pizza sauce, Sliced jalapeño peppers & low-fat mozzarella <b>V</b>	<b>SCHOOLS CLOSED</b> <b>NO LUNCH SERVED</b>
	<b>Chicken Scampi</b> Golden Brown Chicken Strips dressed in Lemon Butter Sauce Served over Whole Grain Pasta  Spinach Salad with Croutons & dried fruit	<b>Chicken Nuggets</b> Breaded Chicken Nuggets with assorted dipping sauces  Brown Rice and Seasoned Spicy Black Beans	<b>Crispy Breaded Fish Filet</b> Breaded Fish Filet with Cheese Steamed Green Beans Whole Wheat Dinner Roll	<b>Jerk Chicken</b> Jamaican Jerk Style Chicken served with Jasmine Rice Seasoned Carrots  Banana Bread Pudding	<b>SCHOOLS CLOSED</b> <b>NO LUNCH SERVED</b>
	<b>Ruby's Turkey Hotdogs</b> Served with cheese sauce, sauerkraut, baked beans on Whole Wheat Frank Roll	<b>Ruby's Flats Philly Steaks</b> Beef Steak with an assortment of cheese toppings, peppers and onions	<b>Ruby's Flats</b> Your choice of Fajita chicken strips With assorted grilled vegetables served in Whole Wheat Pita Pocket	<b>Ruby's Flats</b> Beef Burger with choice of cheese, assortment of green, red, and jalapeno peppers and onions	<b>SCHOOLS CLOSED</b> <b>NO LUNCH SERVED</b>
	<b>Chicken Salad Garden bowl</b> Homemade chicken salad served on a bed of lettuce with tomato wedges sliced red onion & your choice of dressing	<b>Yogurt Parfait</b> Creamy low-fat yogurt served with two varieties of chilled and/or fresh fruit	<b>Anti pasta Salad Bowl</b> Assorted meats & low-Fat cheese served on a bed of lettuce with sliced peppers	<b>Chicken Salad Garden Bowl</b> Homemade Tuna salad Served on a bed of Lettuce with tomato wedges, sliced red onion & choice of dressing	<b>SCHOOLS CLOSED</b> <b>NO LUNCH SERVED</b>

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Monday 02/20/2012

Tuesday 02/21/2012

Wednesday 02/22/2012

Thursday 02/23/2012

Friday 02/24/2012



**SCHOOLS  
CLOSED  
NO  
LUNCH  
SERVED**

**Buffalo Chicken**

Buffalo Chicken with Swiss Cheese & your choice of spreads & bread

**Turkey BLT Club**

Smoked Turkey Breast and Turkey Bacon w/ Lettuce & Tomato on Whole Wheat Bread

**Cajun Grilled Chicken Sandwich**

Grilled chicken breast Seasoned with Cajun spices served with lettuce on a Whole Wheat Club Roll

**San Dominico**

Beef Salami, turkey ham, Monterey jack Cheese mozzarella cheese sautéed peppers & onions with Lettuce & Tomatoes served on a Whole wheat Kaiser Roll



**SCHOOLS  
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**Mexican Pizza**

Fresh whole wheat dough lightly brushed with garlic and oil topped with pizza sauce, Sliced jalapeño peppers & low-fat mozzarella

**Meatball Pizza**

Fresh whole wheat dough lightly brushed with garlic and oil served with sliced beef meatballs & marinara sauce & shredded low-fat mozzarella cheese

**Traditional Cheese Pizza**

Fresh whole wheat dough lightly brushed with garlic and oil, topped with pizza sauce & low fat mozzarella

**Everything Pizza**

Fresh whole wheat dough lightly brushed with garlic and oil, topped with peppers, onions meatballs & chicken pieces



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**Salisbury Steak with Gravy**

Savory Beef Steaks with Gravy Mashed Potatoes Green Garden Peas

**Chicken Parmigiana**

Served with Whole Wheat Spaghetti Chicken with Low Fat Mozzarella and Marinara Sauce over Pasta Broccoli and Garlic

**Stuffed Bread Sticks**

Stuffed Mozzarella Bread Sticks served with Salsa and Sour Cream

**Vegetable Lo Mein**

Whole Grain Spaghetti tossed with stir fry vegetables and seasonings Tossed Garden Salad with Chick Peas



**SCHOOLS  
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**Ruby's Flats**

Philly Steaks Beef Steak with an assortment of cheese toppings, peppers and onions

**Ruby's Flats**

Your choice of Fajita chicken strips With assorted grilled vegetables served on grilled Panini bread

**Ruby's Asian Chicken Classics**

Teriyaki Grilled Chicken with Variety toppings in assorted wraps

**Sizzling Quesadillas**

Buffalo Chicken served with caramelized Onions, mushrooms and shredded cheese in a soft tortilla shell



**SCHOOLS  
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**Yogurt Parfait**

Creamy low-fat yogurt served with two varieties of chilled and/or fresh fruit

**Fruit on Greens**

Ripe Fresh Apples and Mandarin Oranges on a bed of Tossed Greens

**Tuna Salad Garden Bowl**

Homemade Tuna salad Served on a bed of Lettuce with tomato wedges, sliced red onion & choice of dressing

**Crudité Cup**

Carrot & Celery sticks served with assorted dressing

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Monday 02/27/2012

Tuesday, 02/28/2012

Wednesday, 02/29/2012

	<p><b>American Beauty</b> Oven roasted Turkey Breast served with American cheese chopped Lettuce mix, &amp; tomato served on a Whole Wheat Club Roll</p>	<p><b>Chicken Parmigiana</b> Breaded Chicken breast topped with Mozzarella cheese served on a Whole Wheat Kaiser roll</p>	<p><b>Turkey BLT Club</b> Smoked Turkey Breast and Turkey Bacon w/ Lettuce &amp; Tomato on Whole Wheat Bread</p>		
	<p><b>Veggie Pizza</b> fresh whole wheat dough lightly brushed with garlic and oil, topped with pizza sauce, low fat mozzarella, peppers, onions and diced tomatoes</p>	<p><b>Meatball Pizza</b> Fresh whole wheat dough lightly brushed with garlic and oil served with sliced beef meatballs &amp; marinara sauce &amp; shredded low-fat mozzarella cheese</p>	<p><b>Mexican Pizza</b> Fresh whole wheat dough lightly brushed with garlic and oil topped with pizza sauce, Sliced jalapeño peppers &amp; low-fat mozzarella</p>		
	<p><b>Sweet N Sour Chicken Nuggets</b> Succulent pieces of chicken served in a glazed sweet n sour sauce with pineapple pieces over Seasoned Brown Rice  Steamed Broccoli</p>	<p><b>Cuban Mojo</b> Cuban Style Pulled Turkey served on Whole Wheat Kaiser Roll Corn Cobetts Or Romaine Salad Mix</p>	<p><b>Turkey Lo Mein</b> Whole Grain Spaghetti tossed with stir fry vegetables and seasonings  Fresh Fruit Cup</p>		
	<p><b>Greek Flat</b> Chicken Gyros served in Grilled Pita Pocket with fresh tomato slices, onion slices, yogurt garlic sauce</p>	<p><b>Ruby's Flats</b> Beef Burger With assorted cheeses, onions, jalapeno peppers, turkey bacon Served with Salsa, Carrot and Celery Sticks with lowfat dip</p>	<p><b>Ruby's BBQ Flats</b> Buffalo Breaded Chicken topped with Spicy Buffalo sauce, Jalapenos served on Whole Wheat Roll Fresh Fruit Cup</p>		
	<p><b>V Egg Salad Platter</b> Homemade egg salad served on a bed of crisp garden greens with tomato wedges, sliced red onions &amp; bread sticks</p>	<p><b>Chicken Salad Garden bowl</b> Homemade chicken salad served on a bed of lettuce with tomato wedges cauliflower florets &amp; your choice of dressing</p>	<p><b>Crudit� Cup</b> Carrot &amp; Celery sticks served with assorted dressing</p>		

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