

Finn Hill Junior High May 2012

Our menus are aligned with the USDA's
"Healthier US School Challenge."



EVERYDAY CHOICES

- Turkey
- Salami
- Ham
- Pepperoni
- Pastrami

All sandwiches served on WW, White or Kaiser Rolls, with a trip through the Thrive Garden Bar. Vegetarian options offered daily. **V**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Sweet Thai Basil Chicken w/ Pineapple Fried Rice	2 French Onion Soup w/ Cheesy Garlic Bread	3 Ham & Potato Bake	4 Saucy Teriyaki Beef Dippers w/ Brown Rice
7 Vietnamese Sandwich	8 Hand Grilled Chicken Onion Quesadilla	9 Parmesan Chicken with Pasta	10 BBQ Pulled Pork on a Kaiser Roll	11 Chicken Lo-Mein
14 Sundried Tomato Chicken Pesto Grinder	15 Hand Tossed Ham & Cheese Stromboli	16 Zesty Orange Chicken	17 Homemade Baked Ziti	18 Chicken Pho
21 Grilled Pineapple Teriyaki Burger	22 Egg Rolls w/ Pineapple Rice	23 Homemade Shredded Chicken Enchilada	24 Sliced Turkey Gravy with Mashed Potatoes	25 NO SCHOOL
28 NO SCHOOL	29 Turkey Pot Pie	30 Homemade Veggie & Bean Chili w/ a Breadstick	31 Buffalo Chicken Bowl	



A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety

Locally Grown items are offered whenever seasonally available

Low Fat or Fat Free Milk included with all meals



Monday: Fiesta Made to Order Chicken Fajita

Tuesday: Pasta Made to Order Pasta Bar

Wednesday: Brunch Made to Order Omelet or Wrap

Thursday: Asian Made to Order Stir-fry with Rice or Noodles

Friday: Market Bar Revolving Menu Item



EVERYDAY CHOICES

Hamburger, Cheeseburger, Chicken Patty, and Paninis

All sandwiches served on White buns, with a trip through the Thrive Garden Bar. Vegetarian options offered daily. Baked Fries are available for \$.75 extra



EVERYDAY CHOICES



Pepperoni & Cheese Pizzas. Include a trip through the Thrive Garden Bar. Check our counter sign for Daily Special.

All pizzas feature low fat cheese, low sodium sauce, & whole grain crusts.



Vegetarian

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium, & calories.



Smart Pick

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice)

or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.