

## HOLY TRINITY MIDDLE SCHOOL LUNCH MENU SEPTEMBER 2010

### Origins

*Meal includes Entree, Side, Fruit & Lowfat Milk \$3.85*

#### September 1-3

- WED Bratwurst or Hot Dog, sauerkraut, potato salad, strawberries  
 THU Chicken Parmesan Sandwich, pasta salad, carrots & celery, melon  
 FRI Cheese Stuffed Shells, italian vegetables, roll, chocolate pudding

#### September 6-10

- MON NO SCHOOL  
 TUE Oven Roasted Chicken Leg, scalloped potatoes, peas & carrots, strawberry jell-o  
 WED Salisbury Steak, oven roasted potatoes, corn, chilled peaches  
 THU Chili Beans/Meat, carrots & celery, dill spear, cornbread  
 FRI Macaroni & Cheese, fresh green beans, yeast roll, fresh plum

#### September 13-17

- MON Chili Dog or Hot Dog, tater tot, meal deal salad, vanilla pudding  
 TUE Chicken Nuggets, white rice, oriental vegetables, mandarin oranges  
 WED Roasted Pork Loin/Gravy, oven roasted potatoes, fresh vegetable medley, applesauce  
 THU Boneless BBQ Rib Sandwich, potato salad, meal deal salad, fresh orange wedges  
 FRI Cream of Potato Soup, toasted cheese sandwich, carrot sticks, cherry cobbler

#### September 20-24

- MON Sloppy Joe Sandwich, pasta salad, dill spear, fresh strawberries  
 TUE Roast Beef, scalloped potatoes, corn, roll, strawberry jell-o  
 WED Meatball Hero, vegetable medley, pears, chocolate chip cookie  
 THU Baked Chicken Breast, white rice/gravy, peas & carrots, fresh plum  
 FRI Cheese Stuffed Shells, italian vegetables, yeast roll, ice chocolate brownie

#### September 27-30

- MON Chicken Parmesan Sandwich, pasta salad, meal deal salad, orange jell-o  
 TUE Red Beans/Rice/Smoked Sausage, green beans, fresh apple  
 WED Chicken Nuggets, baked potato, carrots, pineapple  
 THU Chicken Fajitas, mexican rice, corn, pears

### Trattoria

SERVED DAILY

- Sausage Pizza - \$2.00  
 Cheese Pizza - \$2.00  
 Pepperoni Pizza - \$2.00  
 Veggie Pizza - \$2.00

All Taxes are included.

*Meal Deal: Piece of pizza with tossed salad and lowfat milk \$3.85*

### THE FRESH GRILLE

AVAILABLE DAILY

- Cheeseburger - \$2.00  
 Hamburger - \$2.00  
 Breaded Chicken - \$2.00  
 Hot Dog - \$2.00

All taxes are included.

*Meal Deal: Any hot sandwich with tossed salad and lowfat milk - \$3.85*



DAILY SALADS:

Meal Deal Salad - \$2.00

BLT Salad, Chef Salad, Italian Chef Salad, Caesar Salad and Chicken Caesar - \$3.25 or \$3.85 as a Meal Deal with lowfat milk

*All Prices on this menu include 7.5% sales tax for NC State and 1% sales tax for Mecklenburg County.*



*An asterisk (\*) denotes components of Balanced Choices meals that meet strict nutrient parameters for calories, fat, saturated fat, cholesterol, fiber, sodium and other key nutrients. All Balanced Choices meals include a choice of 1% chocolate or 1% white milk*



**Breakfast Items**

Fresh Fruit	\$ .75
Bagels	\$ 1.00
Cream Cheese (margarine and jelly complimentary)	\$ .40
Muffins	\$1.50
Assorted Low Sugar Cereal	\$1.50

**Hot Breakfast**

**Monday**

Sausage Bagel \$2.00  
Egg & Cheese Bagel \$1.85

**Tuesday**

2 Cinnamon Rolls \$1.85

**Wednesday**

Bacon and Egg Bagel \$2.00  
Egg and Cheese Bagel \$1.85

**Thursday**

Assorted Hot Muffins \$1.85

**Beverages**

20 oz. Dasani Water	\$1.50
Minute Maid Juices	\$1.50
Lowfat Milk	\$.75



AVAILABLE MONDAY-FRIDAY

Balanced Choice - \$3.00

*Smoked Ham*

*Oven Roasted Turkey Breast*

*Salami, Roast Beef and Tuna*

*Provolone, Cheddar and Swiss Cheese*

*Assortment of Meats and Cheeses - \$3.00*

**HOT SOUP!**

Daily Soup - \$1.85

Soup Meal Deal - \$3.85

*includes*

*Soup, salad, roll and lowfat milk*

**Lunch Cards are Free!**

**Holy Trinity Middle School no longer has fried foods. Everything is baked!**

*A detailed listing of student's food choices and spending can be provided upon request.*