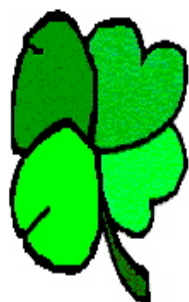


Mon-Friday Deli Bar
 4 oz Bagel, cream cheese, side salad
 Soup: Chicken, tomato, vegetable
 Sandwich: Tuna, Egg salad
 Assorted fruits and vegetables served daily



Curtis Lunch Menu
 2010



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 Mac & Cheese w/ peas and wheat roll Grillside Stuffed Shells w/	2 Papa Gino's PIZZA Veggie Pasta Salad Assorted Fruit MILK, 2% Lowfat	3 Pasta w/ Meat Sauce Side Salad Grillside Tuna Sub with lettuce, tomato, onion, chips Variety of Milk	4 Mucho Nachos, lean meat, salsa, cheese, sour cream Grillside Baked Spaghetti Pie	5 Jammer Stix w/ dipping sauce Side Salad Grillside Manager Special	Cal 712 T.Fat 25.03 G S.Fat 9.0 G Chol 77.8 Mg Sodm 1300.93
8 Hot Dog w/ roll Baked Beans Coleslaw Grillside Cheese Quesadilla Mexican rice	9 School Made PIZZA Veggie Stix Assorted Fruit MILK, 2% Lowfat	10 early release breakfast served	11 Soft Shell Chicken Taco w/ seasoned rice Grillside BBQ Chicken Seasoned french fries	12 Chicken Nuggets RICE / Hot Vegetable Grillside Managers' Special	Cal 711 T.Fat 24.48 G S.Fat 7.7 G Chol 65.4 Mg Sodm 1251.30
15 Sloppy Joe /roll Coleslaw Grillside Stuffed Shells Green Beans Roll	16 Papa Gino's PIZZA Veggie Pasta Salad Assorted Fruit MILK, 2% Lowfat	17 NACHOS WITH GROUND BEEF CHEESE SAUCE SALSA LETTUCE & TOMATO MILK, 2% Lowfat Grillside	18 Hot Turkey Dinner w/ potato, vegetable, cranberry sauce Grillside Spaghetti Pie vegetable, roll	19 Toasted Cheese Sandwich w/ choice of soup Grillside Manager's Special	Cal 647 T.Fat 24.41 G S.Fat 8.9 G Chol 71.9 Mg Sodm 1110.43
22 Trim your own burger Lettuce, Tom, Cheese, Onion, Pickles Assorted Fruit Grillside Tuna Salad Sub	23 Papa Gino PIZZA Medley of Vegetables Chilled Fruit 2% Lowfat Milk	24 Early Release Day No Lunch served	25 Potato Bar Build your own potato w/ toppings, salsa, cheese, chili topping, onions, raw vegetables Grillside Baked Chicken	26 Chicken Nuggets Oven Baked Fries CORN Veggie Stix FRUIT, FRESH ASSORTED FRUIT	Cal 601 T.Fat 21.89 G S.Fat 6.5 G Chol 75.6 Mg Sodm 936.73
29 French Toast Stix Link Sausage Warm Muffin Chilled Applesauce Grillside Grilled Quesadilla w/ salsa	30 Papa Gino's PIZZA Medley of Vegetables Chilled Fruit MILK, 2% Lowfat	31 SPAGHETTI AND MEAT SAUCE ROLLS (YEAST) GREEN BEANS FRUIT, FRESH ASSORTED MILK, 1% Lowfat			Cal 668 T.Fat 18.17 G S.Fat 6.4 G Chol 118.4 Mg