

## May 2012 Lunch Menu

IPSWICH MIDDLE & HIGH SCHOOLS

STUDENT LUNCH PRICE: \$2.75 includes 8oz. MILK

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>PASTA BAR</u></b>                      TUES- Cheese stuffed lasagna                      WED- Spaghetti - alfredo sauce*                      THURS- Rotini &amp; Meatballs*                      FRI. – Chicken parmesan                      *with meat or marinara sauce</p>	<p>Salads and fresh vegetable trays, plus fresh and canned fruits are available every day and a choice of one each is included with every meal.  <b><u>DAILY SALAD BAR</u></b>                      Choose your own items. Over 20 different items are offered.                      Sm\$2.75 lg \$3.50</p>	<p style="text-align: right;">1</p> <p>Nachos                      Corn chips, cheese sauce, seasoned beef, salsa, sour cream, lettuce, tomatoes, onion, hot peppers, olives, carrot sticks                      alt; assorted calzones</p>	<p style="text-align: right;">2</p> <p>BBQ rib patty                      onion rings                      broccoli                      pasta salad                      fruit crisp                      alt: buffalo chicken sub</p>	<p style="text-align: right;">3</p> <p>Chicken patty                      on a wheat roll                      lettuce &amp; tomato                      sun chips                      potato salad                      alt: Steak Bomb sub</p>	<p style="text-align: right;">4</p> <p><b>SAL'S</b> cheese or white garlic or <b>"our own"</b> pepperoni                      PIZZA                      Garden salad                      Fruit juice                      alt: turkey sub</p>
<p><b><u>PASTA BAR</u></b>                      MON.- Macaroni &amp; Cheese                      TUES- Chicken, broccoli ziti alfredo                      WED- Spaghetti - alfredo sauce*                      THURS- Rotini &amp; Meatballs*                      FRI. – Chicken Parmesan                      *with meat or marinara sauce</p>	<p style="text-align: right;">7</p> <p>Teriyaki dippers                      Lo mein w/ vegetables                      Caesar salad                      Fresh fruit                      alt; chicken tender sub</p>	<p style="text-align: right;">8</p> <p>Meatball sub                      Potato puffs                      Green beans                      Caesar salad                      Sliced pears                      alt: pepperoni Calzone</p>	<p style="text-align: right;">9</p> <p>Hot Dog                      Chili                      Pickle spears                      Carrot sticks                      Salad                      alt; chicken Caesar wrap</p>	<p style="text-align: right;">10</p> <p>Spicy chicken patty                      on a wheat roll                      lettuce &amp; tomato                      Cape cod chips                      Cole slaw                      Pineapple cubes                      alt: chicken parmesan sub</p>	<p style="text-align: right;">11</p> <p><b>SAL'S</b> cheese or <b>"our own"</b> pepperoni or buffalo chicken                      PIZZA                      Garden salad                      Fruit juice                      alt: turkey sub</p>
<p><b><u>PASTA BAR</u></b>                      MON.- Macaroni &amp; Cheese                      TUES- Cheese stuffed ravioli                      WED- Spaghetti - alfredo sauce*                      THURS- Rotini &amp; Meatballs*                      FRI. – Chicken parmesan                      *with meat or marinara sauce</p>	<p style="text-align: right;">14</p> <p>Chicken tenders                      Potato wedges                      Carrots                      Garden salad                      Fresh Apple                      alt: meatball sub</p>	<p style="text-align: right;">15</p> <p>Nachos                      Corn chips, cheese sauce, seasoned beef, salsa, sour cream, lettuce, tomatoes, onion, hot peppers, olives, Greek salad, orange smiles                      alt: grilled cheese Calzone</p>	<p style="text-align: right;">16</p> <p>Bagel, egg and cheese sandwich                      Hash brown                      Sausage link                      Sliced pears                      alt: B.L.T. Sub</p>	<p style="text-align: right;">17</p> <p>Chicken patty                      on a wheat roll                      lettuce &amp; tomato                      Sun chips                      Broccoli salad                      Mixed fruit                      alt: chicken kabob sub</p>	<p style="text-align: right;">18</p> <p><b>SAL'S</b> cheese Or white garlic or <b>"our own"</b> pepperoni                      PIZZA                      Garden salad                      Fruit juice                      alt: turkey sub</p>
<p><b><u>PASTA BAR</u></b>                      MON- mac &amp; cheese                      TUES- Ziti, chicken &amp; broccoli alfredo (vegetarian available)                      WED- Spaghetti with alfredo sauce                      THUR- Rotini &amp; Meatballs*                      FRI- Chicken Parmesan                      *with meat or marinara sauce.</p>	<p style="text-align: right;">21</p> <p>Popcorn chicken                      Sweet potato wedges                      peas                      Dinner roll                      Orange slices                      alt.: chicken patty sub w/lettuce and tomato</p>	<p style="text-align: right;">22</p> <p>Chicken &amp; Cheese                      Quesadilla                      Chili                      Garden salad                      Jello with fruit                      alt: meatball calzone</p>	<p style="text-align: right;">23</p> <p>Mozzarella sticks                      Marinara sauce                      Baked Potato wedges                      3 bean salad                      Apple crisp                      alt: chicken tender wrap</p>	<p style="text-align: right;">24</p> <p>Spicy chicken patty                      on a wheat roll                      lettuce &amp; tomato                      Tiny Twist Pretzels                      peaches                      alt.: Italian sausage w/ onions and peppers</p>	<p style="text-align: right;">25</p> <p><b>SAL'S</b> cheese or <b>"our own"</b> pepperoni Or tomato-basil                      PIZZA                      Garden salad                      Fresh fruit                      alt: turkey sub</p>
<p><b><u>PASTA BAR</u></b>                      TUES- Cheese stuffed shells                      WED- Spaghetti - alfredo sauce*                      THURS- Rotini &amp; Meatballs*</p>	<p style="text-align: right;">28</p> <p style="text-align: center;"><b>Memorial Day</b></p>	<p style="text-align: right;">29</p> <p>Nachos                      Corn chips, cheese sauce, seasoned beef, salsa, sour cream, lettuce, tomatoes, onion, hot peppers, olives, Carrot sticks, orange smiles                      alt.: buffalo chicken Calzone</p>	<p style="text-align: right;">30</p> <p>Grilled cheese                      Tomato soup                      W/W Goldfish crackers                      Veggie tray                      alt; Italian sub</p>	<p style="text-align: right;">31</p> <p>Chicken patty                      on a wheat roll                      lettuce &amp; tomato                      Sun chips                      3 bean salad                      Mixed fruit                      alt; pastrami sub</p>	<p><b><u>Soup &amp; sandwich Shoppe</u></b>                      Ham &amp; cheese, Tuna or Egg salad or Peanut butter &amp; jelly or fluff  <b>Plus</b>                      3 homemade soups                      Daily                      All meals come with a 8oz 1%, fat-free chocolate , strawberry or skim milk</p>

\*(All items subject to change.)