



Gaudet Middle School Menu March 2010

GET FRESH.
BUY LOCAL.

Sandwich Central

Freshly Prepared
Deli Style
Sandwiches Made
to Order
Featuring:

- Fresh Veggies
- Variety of Cheeses
- Whole Grain Breads and Rolls
- Premium Deli Items Available

Meal Accompaniments

Daily
Hearty Green Salad

Monday
Cucumber Salad
Penne & Bean Salad

Tuesday
Chick Pea Salad
Caesar Salad

Wednesday
Potato Salad
Cole Slaw

Thursday
Broccoli & Carrot Salad
Italian Pasta salad

Friday
Macaroni Salad
Spring Caesar Salad

1 Spicy General Tso's Chicken Brown Rice Steamed Broccoli	2 Chicken Caesar Wrap Vegetable Pasta Salad Orange Wedges	3 Menutainment Trattoria Pasta Bar Antipasto Salad	4 Shepherd's Pie Made with Mashed Potatoes and Corn Whole Wheat Roll	5 Chicken Parmesan Seasoned Barilla Pasta Vegetable Medley Fresh Orange
8 Chicken Cordon Blue With Ham and Melted Cheese Garlic Flavored Noodles Hot Vegetables	9 Nacho Bar with Assorted Toppings Brown Rice & Beans	10 Menutainment Chicken Stir Fry With Fresh Garden Veggies Brown Rice	11 Roast Turkey & Gravy Mashed Potatoes Dinner Roll	12 Bagel Pizza With Fresh Marinara and Mozzarella Cheese Broccoli Bites
15 Celebrate National Nutrition Month Caribbean Jerk Chicken Sweet Pineapple Rice Seasoned Broccoli Fresh Fruit	16 Italian Chicken Scampi over Penne Pasta Caesar Salad	17 Cheesy Baked Whole Grain Pasta with Marinara Sauce and Melted Mozzarella Cheese Steamed Green Beans	18 Turkey and Cheese Flatbread Sandwich Soup du'Jour	19 BBQ Pulled Pork Sandwich New England Style Baked Beans
22 Oven Roasted BBQ Chicken Brown Rice Pilaf Whole Grain Roll Hot Veggies	23 Pizza Dippers with Marinara Sauce Fresh Broccoli Bites Chilled Fruit & Milk	24 Menutainment "Build Your Own" Taco/Nacho & Toppings Corn & Bean Salad	25 Stuffed Pepper Casserole Hot Vegetables Whole Grain Roll	26 Sweet & Sour Breaded Popcorn Chicken Brown Rice Steamed Broccoli Fresh Orange
29 Grilled Chicken Parmesan Sandwich Baked Oven Fries	30 Popcorn Chicken Bowl with Roasted Potatoes & Corn on the Cob	31 Chicken Primavera Pasta Tossed Garden Salad	 NATIONAL NUTRITION MONTH 2010 EAT. LEARN. LIVE DELICIOUSLY SAVOR THE FLAVOR OF HERBS & SPICES <small>A REGISTERED SERVICE MARK OF THE AMERICAN DIETETIC ASSOCIATION</small>	

Menu Subject to Change All grain items are made with whole grains
All meals are served with milk (1% low fat white or flavored).
 "Balanced Choices" meals meet specific nutritional guidelines when all featured menu items are selected

Prices: Student Meal: \$2.50 Premium Meal: \$3.50 • Reduced Meal: \$0.40 • Milk: \$0.55 • Adult: \$3.25

Traitoria

Italian Specialties
Available daily:

Fresh Baked Cheese and Pepperoni Pizza
Served with Your Choice of Hot or Cold Vegetable
or Salad, Fruit and Milk

Specials for the Week

Monday **Buffalo Chicken Pizza**
Tuesday **Assorted Calzones**
Wednesday **Bagel Pizza**
Thursday **Italian Stromboli**
Friday **Brushetta pizza**

THE FRESH GRILLE

Available daily:

Hamburger, Cheeseburger, Chicken Patty
& Chicken nuggets
Served with Your Choice of Hot or Cold Vegetable
or Salad, Fruit and Milk

Specials for the Week

Mondays **Steak and Cheese / Meatball Sub**
Tuesdays **Buffalo Chicken Sandwich**
Wednesdays **Chicken Bacon Ranch Sub**
Thursdays **Buffalo Chicken Sandwich**
Fridays **Steak & Cheese / Veggie Burger**

Outtakes

Assorted pre-packaged entrée salads and a
variety of deli sandwiches with accompaniments



Balanced choices meal offered daily

Specials:

M, W, F **Chicken Caesar Wrap**
Tue, Thu **Veggie Wrap with Cheese**
Daily **Yogurt & Fruit with Crackers**

Any questions please call:
Director of Dining Services
Linda Benedetti at 848-5026