

Portage Public Schools
Community High School Lunch Menu

Week 1
September 6th -10th 2010

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Favorites	No School Labor Day Holiday	Half Day No Lunch Served	Mom's Mashed Potato Bowl Breaded Popcorn Chicken Mashed Potatoes with Gravy Steamed Corn Roll Fresh Diced Fruit	Baked BBQ Chicken Spicy Herbed Vegetables Whole Wheat Garlic Breadstick  Pineapple	Nacho Bar Spicy Taco Meat Corn Tortilla Shells  Cheese Sauce Lettuce, Tomatoes & Salsa Rice & Black Beans Warm Baked Apples
THE FRESH GRILLE Hamburgers, Cheeseburgers,  Breaded Chicken Patty Sandwiches, Veggie Burgers Offered Daily			Buffalo Chicken Wrap	BLT Burger	Fish Sandwich
  Fresh Homemade Cheese and Pepperoni * Pizza Offered Daily			Meat Lover's Pizza *	Cheese Filled Breadsticks with Dipping Sauce	Pepperoni * Calzone with Dipping Sauce
 Deli Chef Salad Hummus with Pita Wedges and Veggies  Offered Daily			Triple Decker Turkey Club on Whole Wheat  Mandarin Chicken Salad	Parisian Ham & Cheese Wrap Italian Chopped Salad	Turkey & Swiss On Wheat Sub with Dijon Mustard  Chicken Caesar Salad
 WHOLE GRAIN menu item * May contain pork products					
All Lunches Include: Choice of Entrée, Choice of Vegetable/Fruit Side Dishes, and Choice of Milk. Vegetable/Fruit Side Dishes Available Daily Include: Featured Hot Vegetable(s), Tossed Side Salad w/ Light Dressing, Fresh Lettuce & Tomato Sandwich Toppings, and Fruit (Fresh, Chilled, or Juice) Low Fat Milk Choices Include: skim white milk, low fat (1%) white milk, and flavored low fat (1%) milk. Questions?? Call the Food Service Office @323-5155 or e-mail: slivingston@portageps.org Susan Livingston, Chartwells Director of Dining Service The Food Service Program prohibits discrimination based on race, color, sex, age, national origin, handicap or religion.					

Portage Public Schools Community High School Lunch Menu

Week 2
September 13th -17th 2010

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Favorites	Sweet & Sour Chicken Steamed Brown Rice  Fresh Stir Fried Veggies Orange Wedges	2 for 1 Hot Dogs Chili Sauce, Sauerkraut, Diced Onions, Shredded Cheese Baked Beans Spicy Peach Cobbler	Nacho Bar Spicy Taco Meat Corn Tortilla Shells  Cheese Sauce Lettuce, Tomatoes & Salsa Cilantro Lime Brown Rice  Sliced Pears	Open Faced Roast Turkey in Gravy Mashed Potatoes Seasoned Corn Fresh Diced Fruit	Penne Pasta  Meat or Marinara Sauce Garlic Bread Seasoned Green Beans Fruit Cocktail
THE FRESH GRILLE Hamburgers, Cheeseburgers,  Breaded Chicken Patty Sandwiches, Veggie Burgers Offered Daily	BBQ Riblet Sandwich *	Hot Ham & Cheese on a Bagel	Grilled Chicken Club Sandwich *	Double Cheeseburger	Spicy Chicken Sandwich
  Fresh Homemade Cheese and Pepperoni Pizza Offered Daily	Meat Lover's Pizza *	Cheese Fingers Rip & Dip w/ Dipping Sauce	Sausage Pizza *	Buffalo Chicken Pizza	Hawaiian Pizza *
 Deli Chef Salad Hummus with Pita Wedges and Veggies  Offered Daily	Chicken Salad on Whole Wheat  Turkey Club Salad *	Crispy Cheddar Chicken Wrap Greek Salad	Little Italy Wrap * Strawberry Spinach Salad w/ Poppy Seed Dressing	Turkey Pita Fold w/ Lettuce, Tomato and Dill Mayo  Taco Salad 	Bistro Roast Beef Bagel w/ Dijon Horseradish Mayo Grilled Chicken Salad

 WHOLE GRAIN menu item

* May contain pork products

All Lunches Include: Choice of Entrée, Choice of Vegetable/Fruit Side Dishes, and Choice of Milk.

Vegetable/Fruit Side Dishes Available Daily Include: Featured Hot Vegetable(s), Tossed Side Salad w/ Light Dressing, Fresh Lettuce & Tomato Sandwich Toppings, and Fruit (Fresh, Chilled, or Juice)











Low Fat Milk Choices Include: skim white milk, low fat (1%) white milk, and flavored low fat (1%) milk.

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Susan Livingston, Chartwells Director of Dining Service

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Week 3
September 20th - 24th 2010

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Favorites	Salisbury Steak Mashed Potatoes Beef Gravy Glazed Carrots Sliced Pears	Nacho Bar Spicy Taco Meat Corn Tortilla Shells  Cheese Sauce Lettuce, Tomatoes & Salsa Cilantro Lime Brown Rice  Applesauce	Chicken Parmesan Seasoned Pasta  Sweet Green Peas Fruit Cocktail	Breakfast Bar French Toast  Scrambled Eggs Sausage Patty* Hash browns Fresh Fruit Juice	Herb Roasted Chicken Dinner Roll Rice Pilaf  Seasoned Corn Pineapple
THE FRESH GRILLE Hamburgers, Cheeseburgers,  Breaded Chicken Patty Sandwiches, Veggie Burgers Offered Daily	Spicy Chicken Tenders	Turkey Burger	Cheeseburger Sliders	Buffalo Popcorn Chicken	Philly Cheese Steak Sandwich
  Fresh Homemade Cheese and Pepperoni Pizza Offered Daily	Meat Lover's Pizza *	Sausage Pizza *	Ham & Cheese Calzone	Mexican Pita Pizza*	Cheese Filled Breadsticks with Sauce 
 Deli Chef Salad Hummus with Pita Wedges and Veggies  Offered Daily	Catalina Turkey Salad Caesar Wrap	Spicy Breaded Chicken Caesar Salad Turkey Club Bagel*	Monterey Ranch Chicken Salad Italian Hoagie *	Taco Salad  Chicken Ranch Wrap	Chunky Tuna Salad Veggie Bagel

 WHOLE GRAIN menu item

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All Lunches Include: Choice of Entrée, Choice of Vegetable/Fruit Side Dishes, and Choice of Milk.

Vegetable/Fruit Side Dishes Available Daily Include: Featured Hot Vegetable(s), Tossed Side Salad w/ Light Dressing, Fresh Lettuce & Tomato Sandwich Toppings, and Fruit (Fresh, Chilled, or Juice)










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Week 4
September 27th – October 1st 2010

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Favorites	Bow Tie Pasta Marinara Sauce Steamed Broccoli Warm Baked Apples	Mom's Mashed Potato Bowl Breaded Chicken Tenders Mashed Potatoes Chicken Gravy Steamed Corn Whole Grain Roll  Peaches	Puerto Rican Citrus Pork * Rice & Black Beans  Homemade Salsa Pineapple Chunks	Sweet & Sour Chicken Steamed Brown Rice  Fresh Stir Fried Veggies Orange Wedges	Open Faced Pot Roast Sandwich Roasted Carrots & Onions Rosy Applesauce
THE FRESH GRILLE Hamburgers, Cheeseburgers,  Breaded Chicken Patty Sandwiches, Veggie Burgers Offered Daily	Mini Corn Dogs 	Fish Sandwich	BBQ Chicken Sandwich	Roast Beef & Cheddar Sandwich	Buffalo Chicken Sliders
  Fresh Homemade Cheese and Pepperoni Pizza Offered Daily	Philly Cheese Steak Pizza	Pepperoni Stromboli *	Bruschetta Pizza	Hawaiian Pizza *	Meat Lover's Pizza *
 Deli Chef Salad Hummus with Pita Wedges and Veggies  Offered Daily	Southwest Corn & Black Bean Salad Santa Fe Turkey & Cheddar Wrap	Cobb Salad Pita w/ Greek Marinated Veggies & Feta*	Turkey Club Salad Health Club Sub w/ Turkey, Roast Beef & Ham	Caribbean Chicken Pasta Salad w/ Spicy Dressing Tuna Salad Wrap	Crispy Chicken Popper Salad Turkey BLT Wrap

 WHOLE GRAIN menu item

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All Lunches Include: Choice of Entrée, Choice of Vegetable/Fruit Side Dishes, and Choice of Milk.

Vegetable/Fruit Side Dishes Available Daily Include: Featured Hot Vegetable(s), Tossed Side Salad w/ Light Dressing, Fresh Lettuce & Tomato Sandwich Toppings, and Fruit (Fresh, Chilled, or Juice)

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Week 5
October 4th - 8th 2010

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Favorites	Spaghetti or Penne Pasta  Marinara Sauce Meatballs Homemade Garlic Breadstick Seasoned Green Beans Cinnamon Apples	Nacho Bar Spicy Taco Meat Corn Tortilla Shells  Cheese Sauce Lettuce, Tomatoes & Salsa Cilantro Lime Brown Rice  Pineapple	Vegetarian Chili with Pasta  Homemade Cornbread Carrot Fries Sliced Pears	Chicken Noodles Seasoned Green Peas Mandarin Oranges	Breakfast Bar French Toast  Scrambled Eggs Sausage Patty* Hash browns Fresh Fruit
THE FRESH GRILLE Hamburgers, Cheeseburgers,  Breaded Chicken Patty Sandwiches, Veggie Burgers Offered Daily	Chicken Nuggets	BBQ Riblet Sandwich *	Breaded Chicken Cordon Blue Sandwich 	Austin Steak Twister	Sloppy Joe
  Fresh Homemade Cheese and Pepperoni Pizza Offered Daily	Cajun Chicken Pizza	Meatball Pizza	Hot Taco Pocket	Rip & Dips	Meat Lover's Stromboli *
 Deli Chef Salad Hummus with Pita Wedges and Veggies  Offered Daily	Southwestern Pasta Salad  Buffalo Popper Chicken Wrap	Strawberry Spinach Salad Italian Chicken & Cheese Wrap	Chicken Caesar Salad Chicken Salad Croissant	Sicilian Pasta Salad  Roasted Vegetables & Turkey Pita	Greek Salad Chicken Caesar Wrap

 WHOLE GRAIN menu item

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All Lunches Include: Choice of Entrée, Choice of Vegetable/Fruit Side Dishes, and Choice of Milk.

Vegetable/Fruit Side Dishes Available Daily Include: Featured Hot Vegetable(s), Tossed Side Salad w/ Light Dressing, Fresh Lettuce & Tomato Sandwich Toppings, and Fruit (Fresh, Chilled, or Juice)

Low Fat Milk Choices Include: skim white milk, low fat (1%) white milk, and flavored low fat (1%) milk.

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