

Ferndale Middle/High School
April 30- May 4, 2012

DAILY FEATURES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Home Cooked Meals</p>  <p>Origins Meal \$ 2.75</p>	<p><u>Station Feature</u> Primo Spaghetti Pasta w/Seasoned Ground Beef Italian Blend Vegetables</p> <p>Chilled Mixed Fruit Fresh Apples Skim Milk Chocolate Skim Milk</p>	<p><u>Station Feature</u> Chicken Cacciatore w Steamed Brown Rice Sautéed Peppers and Onions</p> <p>Fresh Oranges Skim Milk Chocolate Skim Milk</p>	<p><u>Station Feature</u> Sloppy Joes Baked Potato Wedges</p> <p>Seasoned Peas</p> <p>Fresh Bananas Skim Milk Chocolate Skim Milk</p>	<p><u>Station Feature</u> Sweet and Sour Chicken Steamed Brown Rice</p> <p>Stir Fry Vegetables</p> <p>Chilled Diced Pears Skim Milk Chocolate Skim Milk</p>	<p><u>Station Feature</u></p> <p>Chicken Nuggets Baked Potato Fries Mixed Vegetables</p> <p>Tropical Fruit Salad</p> <p>Skim Milk Chocolate Skim Milk</p>
<p>Grab and Go Salads</p>  <p>Outtakes Salad \$ 3.25</p>	<p><u>Station Feature</u> Chef Salad Chicken Caesar Salad</p> <p>Fresh Apples Fresh Oranges</p>	<p><u>Station Feature</u> Chicken Popper w/Cheese Chef Salad Chicken Caesar Salad</p> <p>Yogurt Parfait Fresh Apples Fresh Pears</p>	<p><u>Station Feature</u> Cheeseburger Salad Chef Salad Chicken Caesar Salad</p> <p>Yogurt Parfait Petite Banana Fresh Pears</p>	<p><u>Station Feature</u> Buffalo Popcorn Chicken Salad Chef Salad Chicken Caesar Salad</p> <p>Yogurt Parfait Fresh Oranges Petite Banana</p>	<p><u>Station Feature</u></p> <p>Satsuma Cobb Salad Chef Salad Chicken Caesar Salad</p> <p>Fresh Apples Fresh Oranges Yogurt Parfait</p>
<p>Fresh Pizza by the Slice</p>  <p>Trattoria Meal \$ 2.75</p>	<p><u>Station Feature</u> Pepperoni Pizza Bosco Slicks w/Sauce</p> <p>Salad Bar w/ Romaine Lettuce Fresh Tomato Bell Peppers Red Onions Fresh Apples Skim Milk Chocolate Skim Milk</p>	<p><u>Station Feature</u> Cajun Chicken Pizza Cheese Pizza</p> <p>Salad Bar w/ Fresh Spinach Celery Sticks Bell Peppers Red Onions Fresh Oranges Skim Milk Chocolate Skim Milk</p>	<p><u>Station Feature</u> Taco Pizza Cheese Pizza</p> <p>Salad Bar w/ Romaine Lettuce Spanish Onions Fresh Tomato Bell Peppers Black Beans Skim Milk Chocolate Skim Milk</p>	<p><u>Station Feature</u> Pepperoni Pizza Cheese Pizza</p> <p>Salad Bar w/ Mixed Lettuce Fresh Tomato Bell Peppers Spanish Onions Petite Bananas Skim Milk Chocolate Skim Milk</p>	<p><u>Station Feature</u> Aloha Pizza w/Ham Cheese Pizza</p> <p>Salad Bar w/ Romaine Lettuce Fresh Tomato Bell Peppers Red Beans Fresh Apples Skim Milk Chocolate Skim Milk</p>
<p>Deli Sandwiches Your Way</p>  <p>Sandwich Central Meal \$ 2.75</p>	<p><u>Station Feature</u> Parisian Ham and Cheese Romaine Lettuce Tomato Slices Diced Green Peppers Diced Onion American Cheese Provolone Cheese</p> <p>Skim Milk Chocolate Skim Milk</p>	<p><u>Station Feature</u> Chicken Caesar Wrap Romaine Lettuce Tomato Slices Diced Green Peppers Diced Onion American Cheese Provolone Cheese</p> <p>Skim Milk Chocolate Skim Milk</p>	<p><u>Station Feature</u> Fajita Chicken Wrap Romaine Lettuce Tomato Slices Diced Green Peppers Diced Onion American Cheese Provolone Cheese</p> <p>Skim Milk Chocolate Skim Milk</p>	<p><u>Station Feature</u> Honey Mustard Ham Wrap Romaine Lettuce Tomato Slices Diced Green Peppers Diced Onion American Cheese Provolone Cheese</p> <p>Skim Milk Chocolate Skim Milk</p>	<p><u>Station Feature</u></p> <p>Tuna Wrap Romaine Lettuce Tomato Slices Diced Green Peppers Diced Onion American Cheese Provolone Cheese</p> <p>Skim Milk Chocolate Skim Milk</p>
<p>Hot Sandwich Selections</p>  <p>Fresh Grille Meal \$ 2.75</p>	<p><u>Station Feature</u> Pizza Hot Pocket Spicy Chicken Sandwich Veggie Burger Skim Milk / Choc. Skim Milk</p>	<p><u>Station Feature</u> Chicken Cordon Bleu Grilled Hamburger Veggie Burger Skim Milk / Choc. Skim Milk</p>	<p><u>Station Feature</u> Cheddar BBQ Burger Spicy Chicken Sandwich Veggie Burger Skim Milk / Choc. Skim Milk</p>	<p><u>Station Feature</u> Sloppy Joe w/Cheese Spicy Chicken Sandwich Veggie Burger Skim Milk / Choc. Skim Milk</p>	<p><u>Station Feature</u> Southwest Chicken Flatbread Grilled Hamburger Veggie Burger Skim Milk / Choc. Skim Milk</p>
<p>Specialty Grilled Sandwiches</p>  <p>Panini sandwiches are available in Outtakes</p>	<p><u>Station Feature</u> Ham and Cheese Panini</p> <p>**sliced ham grill with American cheese**</p> <p>Fresh Apples Skim Milk Chocolate Skim Milk</p>	<p><u>Station Feature</u> Southwest Chicken Panini</p> <p>**breaded chicken with cheddar cheese and salsa**</p> <p>Mixed Fruit Cups Skim Milk Chocolate Skim Milk</p>	<p><u>Station Feature</u> Beef Patty Melt</p> <p>**grilled hamburger patty with American cheese and onion**</p> <p>Petite Bananas Skim Milk Chocolate Skim Milk</p>	<p><u>Station Feature</u> Italian Ham Wrap</p> <p>**Sliced ham, tomato, mozzarella cheese and Italian dressing**</p> <p>Fresh Oranges Skim Milk Chocolate Skim Milk</p>	<p><u>Station Feature</u></p> <p>Fish Sandwich</p> <p>**breaded fish filet with meican cheese and tartar sauce**</p> <p>Fresh Apples Skim Milk Chocolate Skim Milk</p>