



Easton-Redding-Region 9 School Districts Joel Barlow High School Lunch Menu

**Week 1
February 2012**

Student Meal: \$3.25 • Reduced: \$0.40 • Milk \$0.50 • Adult Meal: \$3.50
Meals include, choice of 1% white or fat free chocolate milk
(antibiotic and hormone-free)

Station	Monday 1/30	Tuesday 1/31	Wednesday 2/1	Thursday 2/2	Friday 2/3
 Favorite Comfort Foods & International Flavors			<u>Super Burger Bar</u> Assorted Cheeses & Toppings Curly Fries	Spicy Grilled Chicken Rockin Moroccan Vegetable Stew	<u>Pasta Bar</u> Barilla pastas, house made sauces, meats & veggies Assorted Breads
 Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily	<u>Today's Special</u>	<u>Today's Special</u>	<u>Today's Special</u> Grilled Chicken Caesar Wrap	<u>Today's Special</u> Sausage, Pepper & Onion Grinder	<u>Today's Special</u> Roasted Veggie & Hummus Wrap
 Anything in or on a crust	<u>Today's Special</u>	<u>Today's Special</u>	<u>Today's Special</u> Hawaiin	<u>Today's Special</u> Mushroom	<u>Today's Special</u> Sausage
	Cold Sandwiches & Salads Made Fresh Your Way <u>Available Daily</u> Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken Assorted Cheeses Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad Deli Meals - \$3.50				
	<u>Fresh Food Fast- Packaged for Grab N' Go</u> <u>Available Daily</u> Assorted Salad & Sandwich Meals Fresh Yogurt Parfaits				
	<u>Build Your Own Salad Everyday</u> Choices include- Romaine Lettuce, Assorted Vegetables, Lean Protein Choices and Natural Cheese, Choice of Assorted Salad Dressings. Complete the meal with a Dinner Roll				
	<u>Made To Order</u> Daily Panini Pressed Special Sandwiches or Wraps Panini Meals - \$3.75				
	 Cold Fruit & Vegetable Bar Offered Daily  Featuring fresh seasonal produce including local items as available				

To encourage the consumption of fresh fruits and vegetables, students can take unlimited accompaniments with their school lunch meal. Accompaniments include mixed green salads, fresh veggie sticks, fresh whole fruit and fresh cut fruit.
(Excludes potatoes)



Easton-Redding-Region 9 School Districts Joel Barlow High School Lunch Menu

**Week 2
February 2012**

Student Meal: \$3.25 • Reduced: \$0.40 • Milk \$0.50 • Adult Meal:
\$3.50
Meals include, choice of 1% white or fat free chocolate milk
(antibiotic and hormone-free)

Station	Monday 2/6	Tuesday 2/7	Wednesday 2/8	Thursday 2/9	Friday 2/10
 Favorite Comfort Foods & International Flavors	Beef & Bean Burrito Fiesta Rice	<u>Baked Potato Bar</u> Chili, Cheese Sauce, Bacon, Broccoli & Sour Cream	General Tso's Chicken Steamed Rice Stir Fried Mixed Vegetables	BBQ Pork Rib Sandwich Confetti Cole Slaw Sweet Potato Fries	<u>Pasta Bar</u> Barilla pastas, house made sauces, meats, veggies Build your own meal!
 Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily	<u>Today's Special</u> Grilled Cheese & Tomato on Multigrain Bread	<u>Today's Special</u> Chipotle Chicken Wrap	<u>Today's Special</u> BBQ Jack Burger	<u>Today's Special</u> Spicy Turkey & Cheese Quesadillas	<u>Today's Special</u> Grilled Pesto Chicken Wrap
 Anything in or on a crust	<u>Today's Special</u> Greek Pizza	<u>Today's Special</u> Broccoli & Garlic	<u>Today's Special</u> Meatball	<u>Today's Special</u> Pizza Bagels	<u>Today's Special</u> Pepperoni
	Cold Sandwiches & Salads Made Fresh Your Way <u>Available Daily</u> Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken Assorted Cheeses Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad Deli Meals - \$3.50				
	<u>Fresh Food Fast- Packaged for Grab N' Go</u> <u>Available Daily</u> Assorted Salad & Sandwich Meals Fresh Yogurt Parfaits				
	<u>Build Your Own Salad Everyday</u> Choices include- Romaine Lettuce, Assorted Vegetables, Lean Protein Choices and Natural Cheese, Choice of Assorted Salad Dressings. Complete the meal with a Dinner Roll				
	<u>Made To Order</u> Daily Panini Pressed Special Sandwiches or Wraps Panini Meals - \$3.75				
	 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available				

To encourage the consumption of fresh fruits and vegetables, students can take unlimited accompaniments with their school lunch meal. Accompaniments include mixed green salads, fresh veggie sticks, fresh whole fruit and fresh cut fruit.
(Excludes potatoes)



Easton-Redding-Region 9 School Districts Joel Barlow High School Lunch Menu

**Week 3
February 2012**

Student Meal: \$3.25 • Reduced: \$0.40 • Milk \$0.50 • Adult Meal: \$3.50
Meals include, choice of 1% white or fat free chocolate milk
(antibiotic and hormone-free)

Station	Monday 2/13	Tuesday 2/14	Wednesday 2/15	Thursday 2/16	Friday 2/17
 Favorite Comfort Foods & International Flavors	Creamy Mac & Cheese Roasted Vegetables Dinner Roll	Oven Fried Chicken Braised Winter Greens Mashed Sweet Potatoes	<u>Beef Tacos</u> Choice of Hard or Soft shell Shredded lettuce and cheese, Salsa, Olives & Jalapenos	Chicken Chow Mein Salad Vegetable Spring Roll	<u>Pasta Bar</u> Barilla Pastas, House made Sauces, Assorted Meats and Breads
 Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily	<u>Today's Special</u> Crispy Chicken Ranch Wrap	<u>Today's Special</u> Roasted Veggie Wrap	<u>Today's Special</u> Chipotle Cheeseburger	<u>Today's Special</u> Buffalo Chicken Wrap	<u>Today's Special</u> Tuna Melt on Rye
 Anything in or on a crust	<u>Today's Special</u> Sausage	<u>Today's Special</u> Red Hot Chicken	<u>Today's Special</u> French Bread Pizza	<u>Today's Special</u> Roasted Red Pepper & Onion	<u>Today's Special</u> Pepperoni
	Cold Sandwiches & Salads Made Fresh Your Way <u>Available Daily</u> Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken Assorted Cheeses Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad Deli Meals- \$3.50				
	<u>Fresh Food Fast- Packaged for Grab N' Go</u> <u>Available Daily</u> Assorted Salad & Sandwich Meals Fresh Yogurt Parfaits				
	<u>Build Your Own Salad Everyday</u> Choices include- Romaine Lettuce, Assorted Vegetables, Lean Protein Choices and Natural Cheese, Choice of Assorted Salad Dressings. Complete the meal with a Dinner Roll				
	<u>Made to Order</u> Daily Panini Pressed Special Sandwiches or Wraps Panini Meals - \$3.75				
	 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available				

To encourage the consumption of fresh fruits and vegetables, students can take unlimited accompaniments with their school lunch meal. Accompaniments include mixed green salads, fresh veggie sticks, fresh whole fruit and fresh cut fruit.
(Excludes potatoes)



Easton-Redding-Region 9 School Districts Joel Barlow High School Lunch Menu

**Week 4
January 2012**

Student Meal: \$3.25 • Reduced: \$0.40 • Milk \$0.50 • Adult Meal: \$3.50
Meals include, choice of 1% white or fat free chocolate milk
(antibiotic and hormone-free)

Station	Monday 2/20	Tuesday 2/21	Wednesday 2/22	Thursday 2/23	Friday 2/24
 Favorite Comfort Foods & International Flavors	HAVE	A	GREAT	WINTER	BREAK
 Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily	<u>Today's Special</u>	<u>Today's Special</u>	<u>Today's Special</u>	<u>Today's Special</u>	<u>Today's Special</u>
 Anything in or on a crust	<u>Today's Special</u>	<u>Today's Special</u>	<u>Today's Special</u>	<u>Today's Special</u>	<u>Today's Special</u>
	Cold Sandwiches & Salads Made Fresh Your Way <u>Available Daily</u> Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken Assorted Cheeses Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad Deli Meals - \$3.50				
	<u>Fresh Food Fast- Packaged for Grab N' Go</u> <u>Available Daily</u> Assorted Salad & Sandwich Meals Fresh Yogurt Parfaits				
	<u>Build Your Own Salad Everyday</u> Choices include- Romaine Lettuce, Assorted Vegetables, Lean Protein Choices and Natural Cheese, Choice of Assorted Salad Dressings. Complete the meal with a Dinner Roll				
	<u>Made To Order</u> Daily Panini Pressed Special Sandwiches or Wraps Panini Meals- \$3.75				
	 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available				

To encourage the consumption of fresh fruits and vegetables, students can take unlimited accompaniments with their school lunch meal. Accompaniments include mixed green salads, fresh veggie sticks, fresh whole fruit and fresh cut fruit.
(Excludes potatoes)



Easton-Redding-Region 9 School Districts Joel Barlow High School Lunch Menu

**Week 5
February 2012**

Student Meal: \$3.25 • Reduced: \$0.40 • Milk \$0.50 • Adult Meal: \$3.50
Meals include, choice of 1% white or fat free chocolate milk
(antibiotic and hormone-free)

Station	Monday 2/27	Tuesday 2/28	Wednesday 2/29	Thursday 3/1	Friday 3/2
 Favorite Comfort Foods & International Flavors	Baked Chicken Parmesan Bowtie Pasta	<u>Hot Dog Bar</u> Chili, Cheese Sauce, Sauerkraut, Sweet Onion Relish Curly Fries	Orange Stir Fried Beef Steamed Rice	Curry Chicken & Rice Salad Toasted Pita Triangles	<u>Pasta Bar</u> Barilla Pastas, house made sauces, meats, & veggies Assorted Breads
 Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily	<u>Today's Special</u> Turkey BLT Wrap	<u>Today's Special</u> Cobb Salad Wrap	<u>Today's Special</u> San Francisco Burger Melt	<u>Today's Special</u> Grilled Ham, Cheese & Tomato with Chipotle Mayo	<u>Today's Special</u> Grilled Chicken Caesar Salad Wrap
 Anything in or on a crust	<u>Today's Special</u> Hawaiiin	<u>Today's Special</u> Margarita Pizza	<u>Today's Special</u> Pizza Dunkers	<u>Today's Special</u> Mushroom	<u>Today's Special</u> Pepperoni
	<i>Cold Sandwiches & Salads Made Fresh Your Way</i> <u>Available Daily</u> Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken Assorted Cheeses Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad Deli Meals- \$3.50				
	<i>Fresh Food Fast- Packaged for Grab N' Go</i> <u>Available Daily</u> Assorted Salad & Sandwich Meals Fresh Yogurt Parfaits				
	<u>Build Your Own Salad Everyday</u> Choices include- Romaine Lettuce, Assorted Vegetables, Lean Protein Choices and Natural Cheese, Choice of Assorted Salad Dressings. Complete the meal with a Dinner Roll				
	<i>Made To Order</i> Daily Panini Pressed Special Sandwiches or Wraps Panini Meals - \$3.75				
	 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available.				
To encourage the consumption of fresh fruits and vegetables, students can take unlimited accompaniments with their school lunch meal. Accompaniments include mixed green salads, fresh veggie sticks, fresh whole fruit and fresh cut fruit. (Excludes potatoes)					