











## Easton-Redding-Region 9 School Districts Helen Keller Middle School Lunch Menu

**Week 1  
January 2012**

Student Meal: \$3.00 • 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 1/2	Tuesday 1/3	Wednesday 1/4	Thursday 1/5	Friday 1/6
 Favorite Comfort Foods & International Flavors		Chicken Cacittore  Steamed Brown Rice  Garlic Bread Stick	<u>Beef Tacos</u>  Soft or hard shell Shredded lettuce & Cheese, Salsa	<u>Hot Dog Bar</u>  Chili, Cheese Sauce, Sauerkraut, Sweet Onion Relish	Gemelli Pasta With Sweet Italian Sausage  Steamed Broccoli  Dinner Roll
 Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily	<u>Today's Special</u>	<u>Today's Special</u>  Grilled Cheese & Tomato on Whole Wheat	<u>Today's Special</u>  Chicken Caesar Wrap	<u>Today's Special</u>  Chipotle Cheeseburger	<u>Today's Special</u>  Tuna Melt on Rye
 Anything in or on a crust	<u>Today's Special</u>	<u>Today's Special</u>  Pepperoni	<u>Today's Special</u>  French Bread	<u>Today's Special</u>  Aloha Pizza	<u>Today's Special</u>  BBQ Chicken
	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				
	Fresh Food Fast- Packaged for Grab N' Go  <u>Available Daily</u> Assorted Salad & Sandwich Meals Fresh Yogurt Parfaits				
	 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 Helen Keller Middle School Lunch Menu

**Week 2  
January 2012**

Student Meal: \$3.00 • Reduced: \$0.40 • Milk \$0.50 • Adult Meal: \$3.50  
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Station	Monday 1/9	Tuesday 1/10	Wednesday 1/11	Thursday 1/12	Friday 1/13
 Favorite Comfort Foods & International Flavors	Buffalo Chicken Sliders  Black Bean & Corn Salad	Pizza Dunkers  Marinara Dipping Sauce  Mixed Greens Salad	<u>BBO Meatloaf Grille</u> As a "dinner" or as a sandwich  Seasoned Curly Fries	Japanese Teriyaki Chicken & Vegetable  Steamed Rice	NO SCHOOL
 Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily	<u>Today's Special</u> Grilled Ham & Cheese with Chipotle Mayo on a Club Roll	<u>Today's Special</u> Turkey BLT Wrap	<u>Today's Special</u> Chicken Parmesan Grinder	<u>Today's Special</u> Grilled Chicken & Cheese Quesadillas	<u>Today's Special</u>
 Anything in or on a crust	<u>Today's Special</u> Roasted Red Pepper & Onion	<u>Today's Special</u> Sausage	<u>Today's Special</u> Buffalo Chicken	<u>Today's Special</u> Pepperoni	<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				
	Fresh Food Fast- Packaged for Grab N' Go <u>Available Daily</u> Assorted Salad & Sandwich Meals Fresh Yogurt Parfaits				
	 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available				



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(Excludes potatoes)



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**Week 3  
January 2012**

Student Meal: \$3.00 • Reduced: \$0.40 • Milk \$0.50 • Adult Meal: \$3.50  
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Station	Monday 1/16	Tuesday 1/17	Wednesday 1/18	Thursday 1/19	Friday 1/20
 Favorite Comfort Foods & International Flavors	NO SCHOOL MARTIN LUTHER KING DAY	Tri-Colored Nacho Bar Chili, Cheese Sauce, Salsa, Olives, Shredded Lettuce	Cheesy Mac & Cheese  Sauteed Green Beans  Dinner Roll	Crispy Chicken Tenders  Mashed Potatoes Home-style Gravy  Dinner Roll	Penne Pasta With Homemade Meatballs Marinara Sauce  Cheesy Garlic Bread
 Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily	<u>Today's Special</u>	<u>Today's Special</u> Grilled Ham, Cheddar & Tomato on Rye	<u>Today's Special</u> BBQ Jack Burger	<u>Today's Special</u> Cobb Salad Wrap	<u>Today's Special</u> Crispy Chicken Ranch Wrap
 Anything in or on a crust	<u>Today's Special</u>	<u>Today's Special</u> Margarita Pizza	<u>Today's Special</u> Pizza Bagels	<u>Today's Special</u> Broccoli & Garlic	<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				
	Fresh Food Fast- Packaged for Grab N' Go  <u>Available Daily</u>  Assorted Salad & Sandwich Meals Fresh Yogurt Parfaits				
	 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available				



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(Excludes potatoes)









## Easton-Redding-Region 9 School Districts Helen Keller Middle School Lunch Menu

**Week 4**

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**January 2012**

Station	Monday 1/23	Tuesday 1/24	Wednesday 1/25	Thursday 1/26	Friday 1/27
 Favorite Comfort Foods & International Flavors	<u>Breakfast for Lunch</u> French Toast Sticks Turkey Sausage Apple Crisp	BBQ Pork Sandwich Confetti Cole Slaw Sweet Potato Fries	Open Faced Sloppy Joes Sautéed Broccoli with Garlic and Oil	Chicken Fajitas Shredded Lettuce & Cheese, Salsa Fiesta Rice	Baked Ziti Marinara or Meat Sauce Cheesy Garlic Bread
 Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily	<u>Today's Special</u> Chipotle Chicken Wrap	<u>Today's Special</u> Hot Ham & Cheese on a Bagel	<u>Today's Special</u> Fiesta Patty Melt	<u>Today's Special</u> Turkey & Cheddar Wrap	<u>Today's Special</u> Southwest Chicken Wrap
 Anything in or on a crust	<u>Today's Special</u> Meatball	<u>Today's Special</u> French Bread	<u>Today's Special</u> BBQ Chicken Flatbread	<u>Today's Special</u> Sausage & Pepper	<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				
	<u>Fresh Food Fast- Packaged for Grab N' Go</u> <u>Available Daily</u> Assorted Salad & Sandwich Meals Fresh Yogurt Parfaits				
	 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available				




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(Excludes potatoes)



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**Week 5  
January 2012**

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Station	Monday 1/30	Tuesday 1/31	Wednesday 2/1	Thursday 2/2	Friday 2/3
 Favorite Comfort Foods & International Flavors	Baked Chicken Parmesan Marinara Sauce Bowtie Pasta	Herbed Beef Italiano Steamed Mixed Vegetables Cheesy Garlic Bread	Sausage, Egg & Cheese on Bagel Baked Potato Rounds	Asian Spicy Chicken Stir Fried Vegetables Steamed Brown Rice	Penne with Grilled Chicken & Broccoli Marinara Sauce Dinner Roll
 Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily	<u>Today's Special</u> Chicken Caesar Salad Wrap	<u>Today's Special</u> Alpine Swiss Burger	<u>Today's Special</u> Turkey BLT	<u>Today's Special</u> Grilled Cheese & Tomato on Whole Wheat	<u>Today's Special</u> Buffalo Chicken Wrap
 Anything in or on a crust	<u>Today's Special</u> Ham & Pepper	<u>Today's Special</u> BBQ Chicken	<u>Today's Special</u> Roasted Veggie	<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				
	Fresh Food Fast- Packaged for Grab N' Go  <u>Available Daily</u> Assorted Salad & Sandwich Meals Fresh Yogurt Parfaits				
	 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available				



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(Excludes potatoes)