

ST. PIUS X HIGH SCHOOL LUNCH MENU MAY 2009




*Meal may include
entree, side, bread &
drink.
Fresh Soups & Desserts
prepared daily*



FEATURED DAILY

Fresh Baked Cheese Pizza or choose a specialty

May 1

 FRI. - Supreme Veggie Pizza

May 4-8

MON. - Personal Sausage Pizza
TUE. - Meatlovers Pizza
WED. - Ragin' Cajun Sausage Pizza
THU. - Sausage Calzone
FRI. - BBQ Chicken & Bacon Pizza

May 11-15

MON. - Aloha Pizza
TUE. - Pasta Bake
WED. - Flat Bread Supreme Pizza
THU. - Chicken Bacon Ranch Personal Pizza
FRI. - Flat Bread Roasted Veggie Pizza






May 18-19

MON. - Cheesy Bread Sticks w/Marinara
TUE. - Personal Meatlovers Pizza




May 1

FRI **Basta Pasta**, green beans, mixed veggies, tossed salad

May 4-8

MON  **Wraps To Go (Turkey or Ham)**, pasta salad, coleslaw, tossed salad
TUE  **Chicken Broccoli Alfredo**, green beans, tossed salad
WED  **Taco Bar**, mexican corn, spanish rice, black beans
THU  **Pasta w/Italian Meat Sauce**, garlic bread, peas & carrots, apple, 1% fat milk
FRI  **BBQ Baked Chicken**, seasoned broccoli, fresh apples

May 11-15

MON  **Chicken Parmesan**, seasoned pasta, mixed veggies, tossed salad
TUE  **Macho Nachos**, spanish rice, black beans, cheese sauce, lettuce/tomato, 1% low fat milk
WED  **Assorted Wings**, seasoned rice, corn, assorted fresh fruit
THU **Subs To Order**, baked beans, coleslaw, chips, pasta salad
FRI **BBQ Pork Sandwich**, baked beans, coleslaw, mixed veggies

May 18-19

MON **Hot Dog Bar**, baked beans, coleslaw, mixed veggies
TUE **CHEF'S CHOICE**



*Grab & Go
Assorted Packaged Sandwiches
& Wraps*

*Choose from the following:
Grilled & Crispy Chicken Wraps
Tuna & Chicken Salad Sandwiches
Italian Hoagies, Ham, Turkey &
Cheese Sandwiches*



**FRESH MADE TO ORDER SALADS
AVAILABLE DAILY**

**Grilled or Crispy Chicken Caesar
Salad and Daily Specialty Salad**

**With your choice of toppings and
dressing:
Fresh Tomato, Cucumber, Red
Onion, Banana Peppers, Croutons
and Parmesan Cheese**

THE FRESH GRILLE

AVAILABLE DAILY

Hamburger, Cheeseburger, & Chicken Filet

May 1

FRI. - Corn Dog

May 4-8

MON. - Patty Melt



TUE. - Chicken Ranchero Wrap

WED. - Chicken Philly

THU. - BBQ Chicken Wrap

FRI. - Grilled Turkey & Cheese Wrap

May 11-15

MON. - Chili Cheese Dog

TUE. - Grilled Turkey & Cheese on Ciabatta

WED. - Cheese Steak Wrap



THU. - South of the Border Chicken Wrap

FRI. - BBQ Pork Sandwich

May 18-19



MON. - Grilled Chicken & Roasted Vegetables

TUE. - Shrimp Po' Boy

Why eat foods that are in season?

There are a number of good reasons to eat more local, seasonal food:

- *To reduce the energy (and associated CO2 emissions) needed to grow and transport the food we eat*
- *To avoid paying a premium for food that is scarcer or has traveled a long way*
- *To support the local economy*
- *Because seasonal food is fresher and so tends to be tastier and more nutritious*



Balanced Choices icon denotes meals that meet strict nutrition parameters.