

# Middletown High School Menu

## Profiles in Good Taste – September 2009



Hot Boat MONDAY	 THEME BAR TUESDAY	 WEDNESDAY	 THURSDAY	 FRIDAY
Student Lunch \$2.25 Reduced .40	1 In service Day No Lunch	2 In service Day No Lunch	3 Half Day No Lunch	4 Half Day No Lunch
7 Labor Day No School	8 Breakfast Bar French Toast or Pancakes Eggs Sausage Patty Home Fries Chilled Fruit	9  Chicken Parmesan Seasoned Pasta Dinner Roll Mixed Vegetable Fresh Orange	10 <b>FAJITA FIESTA</b> Chicken or Veggie Strips ♡ Shredded Cheese Soft Flour Tortilla Fresh Vegetable Toppings Steamed White Rice Sautéed Peppers & Onions ♡	11 <b>Steak Escape</b> Choice of Beef or Chicken Choice of grilled veggies Topped with Cheese Sauce or Mozzarella Cheese Baked Herbed Potatoes
14 <b>SPUDS BAR</b> Oven Baked Potato Wedges Topped with Spicy Beef, Cheddar Sauce ♡ Assorted Vegetable Toppings Dinner Roll	15 Asian Nation Oriental Fried Rice ♡ General Tso's Chicken Orange Glazed Carrots Vegetable Egg Roll ♡	16  Oven Roast Turkey & Gravy Cranberry Sauce Warm Dinner Roll Peas & Carrots Glazed Sweet Potatoes Baked Apple Slices	17 <b>MACHO NACHO</b> Crisp Corn Tortilla Chips Mexican Beef or Cheddar Sauce ♡ Lettuce, Tomato, Salsa Steamed White Rice Refried Beans	18 <b>Build A Better Burger</b> Choose of All Beef Burgers, Grilled Chicken Breast Choice of toppings Potatoes Au Gratin Grilled Vegetables
21 BBQ Ribs on a Bun Potato Wedges Vegetable	22 Pasta Bar Choice Of Pasta W/ Marinara Sauce Italian Meatballs Or Sausage Italian Vegetable Garlic Bread	23  Cranberry Glazed Chicken Bread Stuffing Dinner Roll Mashed Potatoes & Gravy Fresh Apple	24 <b>MEXICAN QUESADILLAS</b> Chicken & Cheese or Twin Cheese ♡ Fresh Vegetable Toppings Steamed White Rice Seasoned Green Beans ♡	25 <b>UP ON THE BOARDWALK</b> Choice of Hot Dog or Italian Sausage Choice of Toppings Oven Baked Potato Wedges Corn On Cob
28 Holiday No School	29 Assorted Panini Bar Seasoned Vegetable Chilled Fruit	30 Baked Ziti w/ Cheese Green Beans Fresh Fruit Warm Baked Apple Slices	All Entrees are offered with a choice of 2 sides from featured vegetables and fresh seasonal fruit and a choice of low fat milk.	

### Sandwich Central

Deli Sandwiches  
Made Fresh \*

Bakery Fresh Breads, Rolls  
& Wraps  
Premium Deli Meats  
Salad Greens  
Assorted Cheeses  
Fresh Fruit



Specials

Mon: Chicken Caesar Wrap  
Tue: Turkey Club Bagel  
Wed: Chicken Salad Wrap  
Thu: Roast Beef & Spicy  
Mayo  
Fri: Tuna Salad Wrap

All Sandwich Central  
Sandwiches are offered  
with a choice of low-fat  
Milk



**Outtakes**  
QUICK CUISINE

Available Daily

Assorted Packaged Wild  
Greens Salads  
Offered with Crackers & a choice  
of low fat milk

Au Bon Pain Soup  
Ala carte only

\$1.45

Vegetarian Items  
designated with ♡

Questions or  
Comments please  
contact Cheryl Babulak  
Director of Dining  
Services  
(732)671-3850 x1045

Menu May Change  
Due to Product



Available Daily  
**Cheeseburger, Chicken Patty, Chicken  
Nuggets or Tenders**  
or choose our special

*Mondays* Chicken Parm. Wrap   
*Tuesdays* Cheese Steak Hero  
*Wednesdays* BLT Burger  
*Thursdays* Salsa Chicken Wrap   
*Fridays* Honey Mustard Chicken Wrap 

Available Daily  
Our Signature Thin Crust Pizza  
Plain or Pepperoni  
or

**Monday & Thursday: Rip & Dip**  
**Tuesday: Cheese Calzone**  
**Wednesday: Stuffed Pepperoni Bread**  
**Friday: Buffalo Chicken Pizza** 

